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***A Spiritual Awakening: 12 Steps to  
Freedom***

*Terry Dunford*



# **A Spiritual Awakening: 12 Steps to Freedom**

by Terry Dunford

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## Chapter 1: Introduction

*The 12 Step Fellowship has saved my life. By applying the suggestions of the program, I have been transformed into a positive and enlightened person, who is full of hope that you too can gain the level of understanding that I have by working the program. If you have an addiction, whether it's alcohol, drugs, gambling, sex, or whatever, then this book is for you. The general principles of the 12 Step program is discussed, as I share my experience, strength, and hope to all who desire positive change.*

*I am an active member of the 12 Step Fellowship, and I've done extensive research on all aspects of recovery, personal growth, spiritual development, and positive*

*change. It is my intention to share the knowledge that I've gained, so that you too can gain the level of awareness and understanding that can lead to you a successful recovery. Most addicts, alcoholics, and the like have tried to quit on their own, and it is nearly impossible to stay clean and sober without the loving support of the 12 Step Fellowship. This is a proven program of success, and with it, you can't go wrong.*

*The information in this book was design to give you basic knowledge and awareness of the 12 Step program. Not only will you be led through each of the 12 Steps, but you will also be given my personal thoughts and feelings on each topic as it has applied to my recovery. I've lived and worked this program of recovery, and I am grateful for the opportunity to*

*share my experience, strength, and hope. I am a real recovering addict and alcoholic, who has lived and applied these principles in my own recovery. Now it is my hope that you too can achieve victory in your own recovery. I will show you the way to true peace, personal fulfillment, and spiritual enhancement. You too can obtain a spiritual awakening, as you apply the 12 Steps to Freedom.*

## ***Chapter 2: The 12 Step Fellowship***

***I am so grateful today. From the moment I surrendered, and stopped offering resistance, I have been given the opportunity to live anew. Yielding to the power of God has been a lifesaver. I had to forfeit my pride, admit defeat, and succumb to a Power greater than myself. I was able to trust God with my life, and to rely on Him for the direction I needed. I had a genuine desire to change, the opportunity to form into a spiritual being – a clean, sober, responsible, loving person. My newfound commitment to positive growth was overwhelming, driving me to adhere to the principles of the 12 Steps. I completely devoted myself to living in sobriety, to do whatever I needed to do to stay***



*clean and sober. I was inspired to renew my mind, body, and spirit. I gained the courage to meet dangers and difficulties without fear. I was bold in my determination to achieve renewal. I learned how to be humble, to regain freedom from pride and arrogance. I accepted circumstances that I had no control over. By applying these principles in my daily walk, I started to feel uninhibited and unburdened. A new freedom had overtaken me, enveloping me with its serenity and grace.*

*Did all of this enlightenment and understanding hit me all at once? Absolutely not; however, as I kept steadfast in my pursuit for personal growth, ongoing sobriety, and peace of mind, I progressively stepped forward in my journey. I continued along this path by*

*keeping focused and from persistently moving forward in my recovery. By enduring trials, and exercising forbearance I was able to persevere. Patience is an important virtue to maintain while in recovery. Easy does it. It isn't necessary to completely change overnight, and it isn't possible as far as I'm concerned. To my fellow addicts: Take it easy. Be resolute in your search for freedom from addictive addiction and alcoholism. Be teachable and open to new ways of living. Apply the suggestions offered through the Fellowship. Trust, and come to know your Higher Power. Work the 12 Steps. Read the literature. Share your experience, strength and hope with your fellow addicts and alcoholics. As for me, I have to attend a meeting every night; it keeps me sober one more day. If I do*

*tomorrow what I did today, I will stay sober. One day at a time, always trying to remain focused, determined and motivated towards personal and spiritual growth in your recovery. The 12 Steps work; they are a set of principles written so simply that we can follow them in our daily lives. Keep coming back.*



## *Chapter 3: Am I an Addict?*

*More than likely, you already know the answer to this question. The controlling power of drugs in our lives was only creating devastation and destruction. The drug users' fate isn't pretty because the majority of us end up in jails, and some of us go to institutions, while a lot of people die from the disease of addiction. Addicts are totally infatuated with their drug use, and we'll perform behaviors that are demoralizing, and in the end, we are powerless. An addict is anyone who is controlled by his or her drug use. We live its lethal affects, as we gradually plummet deeper and deeper into its grips, as with any addiction.*

*During our active addiction, our disease establishes itself, and begins to wreak havoc in our lives. We've lived within its boundaries, and we know that it has control over us. We lie, steal, and take advantage of anything, or anyone to get that next high. We are entirely out of control, and confined by the imprisonment that it creates. We cannot triumph over addictions' severe grips over us – we've tried on our own, and we've learned that it doesn't work. Finally, we found the 12 Step Fellowship.*



## *Chapter 4: Why We're Here*

*The life of active addiction is a reoccurring behavior of destruction. Drugs had terrorized our entire lives. We tried constantly to search for the good high, but in the end, we continue to plunge into the pit of anguish. Our addiction controlled every aspect of our lives, and we couldn't live a pleasurable, rewarding, and peaceful standard of living. Character demoralization ruined our own lives, and had affected the lives of our surroundings. Veracity, family values, success, happiness, and trustworthiness did not exist in our moral makeup. We continued to cope with our addiction by using more and more drugs, which added to our unmanageability and out-of-control*



*state. Our life's objective was getting that next high, and we would dig to the core of the earth for the next bag. All the harmful qualities of addiction had made us doomed to failure.*

*We tried to the best of our abilities to control our addiction, but this disease has enormous control over us. All the methods that we've tried to gain control had failed. We are here because this is a proven program of recovery, and nowhere else do people identify with our situation. The disease of addiction cannot be cured; however, through following the suggestions of the program, we can regain a sense of control to our lives. The 12 Step Fellowship is a group of people here to help each other in our recovery. Recovery becomes the focal point of our lives, not character demoralization*

*and unmanageability of active addiction. Here we are shown the way, and given the tools to escalate above our past life of despair. Hope is now accessible to us. We are now equipped to take a step forward, and learn an excellent program of recovery.*



## ***Chapter 5: The Higher Power Concept***

***The 12 Step Fellowship is of spiritual nature. Narcotics Anonymous and Alcoholics Anonymous, and all the other 12 Step Fellowships are not religious programs because we all are entitled to our own personal beliefs. Spirituality within the Fellowship is defined as behaviors, thoughts, and attitudes in a consistent manner, in which we acknowledge a power greater than ourselves. Subsequently, a belief in “God” isn’t required, but is undoubtedly well suited. Our Higher Power can be anything that is viewed as being a power greater than ourselves, which, ultimately, assists us on our journey, and***

*helps us stray away from drugs and alcohol.*

*God is mentioned a lot within the program, but a particular faith, a group, the program itself, a sponsor, nature's Essence, or whatever we may put our faith in to provide us with the help we need to excel on our path, could be our Higher Power. With a Higher Power in our lives, we acquire peace of mind, endurance, strength, and understanding, as well as the knowledge essential to escalate above the problems we encounter.*

*The whole concept of a Higher Power is revealed through our fellow members of the 12 Step Fellowship. Everyone's personal thoughts on a Higher Power help us to find our own, or to relate with the notions expressed. We continue to see the miracles in other peoples' lives, and within the*

*Group, as a result of a Higher Power's assistance. We want what other people in the program have, so we learn to be compatible with the concept, and find our own Higher Power. When people talk about God, it is the God of their understanding. Then accordingly, we apply the notion to the God of our understanding. Faith and enlightenment surround the Fellowship, and we all adopt our own personal views about a Higher Power, and how we relate to Him in our own lives.*

*Our Higher Power provides help from either within or above. The important fact is that we receive this assistance when we call upon it. And the more our relationship grows with our Higher Power, the more assistance, guidance, direction, and strength that we receive. It is*

*imperative that a recovering addict and alcoholic have faith and trust in the God of their understanding, or Higher Power. A strong, confident faith will ensure better results.*

*The Fellowship is certainly based on agreement with particular spiritual principles. As we develop spirituality, we are reducing our selfish motives, and we start relying more on help from above, the Divine Essence, from the All-Powerful Presence that will provide us with truth, knowledge, awareness, and success. Many addicts and alcoholics have succeeded in their recovery by adopting allegiance and reliance on some form of Higher Guidance. Spirituality produces humility that is the essential component of a successful, and fulfilling recovery.*

*The assistance received from our Higher Power may, or may not be noticeable, but is definite because we always obtain help in one way or the other, as we rely on our Higher Power for assistance. Our Higher Power will provide us with the skill, but in order to obtain the expected outcome, we must do our part by following the positive motivations given to us. It is always beneficial to remember that throughout our recovery, no matter what happens, our Higher Power will always be understanding, loving, and will always desire to lend a hand on our path. Knowing this, we can build a loving, strong, and faithful relationship with our Higher Power.*

*In order to ensure a persistent, successful recovery, it is necessary to establish a meaningful,*



*confident, faithful, and strong bond with our Higher Power. Our Higher Power holds all the life-giving products together, and it's through our Higher Power that we attain true victory. Endless opportunities and chances for personal and spiritual development are made possible by utilizing our Higher Power to guide our way. No longer are we alone to battle life's perils, and to succumb to self-inflicted prisons. Love given, is love received in view of our Higher Power. We learn to work with our Higher Power to achieve victory from within, and to advance from the realm of the visible world. By developing our spirituality, while utilizing the assistance from our Higher Power, we begin to use the one component that holds everything together – our heart.*



## *Chapter 6: Honesty in Recovery*

*The first step into recovery requires honesty. When we are honest with ourselves, and people we come into contact with, then we step onto the path of positive growth. Therein lie endless opportunities when we become truthful and straightforward in conduct. Honestly working the 12 Steps will abundantly enhance our understanding of our lives, our addictions, our character defects and personality traits. What a difference true honesty can make when working the 12 Steps of recovery.*

*To be honest with ourselves during recovery, we should not deceive ourselves. We should be honest with ourselves concerning*

*our character, especially about how we feel, our thought process, how we carry ourselves, and how we act and behave towards varying circumstances. There are countless advantages from being honest with ourselves. In our recovery, we are better able to notice our character defects, shortcomings, negative thoughts, anger, and personality flaws. When we are honest with ourselves, we gain the capacity for positive change to occur. Our desire for positive change helps us to feel better about ourselves. We become more aware of our true person, enabling us to have the opportunity to make the required changes necessary to grow in our recovery.*

*In our journey, it is just as important to be honest not just to ourselves, but also with our*

*dealings with others. Why should we deny our lives away? Now we have the chance to make amends, heal our past wounds, rebuild our relationships based on trust, along with many other things that would be possible if we maintain self-honesty, as well as outward honesty. An ever-increasing amount of opportunities for personal growth in our recovery awaits us, as we are honest about our addiction, our addictive behaviors, and our powerlessness. We will reap the benefits of working on honest program. By being honest, we are open to utilize the many other spiritual principles offered in the 12 Steps of recovery. I've learned that I must be honest regarding all aspects of my life if I am to continue along the road that leads to further personal growth, spiritual enrichment, and positive*

***change. I am grateful to share this message, and it is my hope that we all can adopt these principles in all our affairs.***



## *Chapter 7: Acceptance in Recovery*

*Acceptance in recovery necessitates enduring those things that we cannot change. Once we realized that our disease of addiction was overpowering us, we surrendered to a Power greater than ourselves, and we came to accept our powerlessness over drugs and alcohol. We received willingly the fact that the 12 Steps could help us to restore our sanity, and recover all that was lost in our addiction. Positive change cannot occur without surrendering our will and our lives, and furthermore, accepting ourselves as a recovering addict, or alcoholic. Only then can forward progress commence.*



*As we emerge from our isolation and stop resisting change, we allow ourselves to be open-minded towards new ways of living. We come to terms with What Is in our lives, not with what was or what should be. We gain hope, trust, and faith in our recovery, motivating us to do those things that are necessary for positive change and growth to occur. Acceptance keeps us focused on our journey. The road to recovery has now begun. Acceptance is the dawn of a rewarding experience to come about.*

*On our journey in recovery, there will arise situations that must be accepted in order for us to have a chance to make improvements. However stressful or aggravating a circumstance may be, we must first accept it as it is, which will open the door for*

*change to begin. Unless we accept whatever may happen, we won't acquire the opportunity to detect a problem, and achieve a resolution.*

*Another category of acceptance that is vital to our ongoing recovery is self-acceptance. If we are insecure with ourselves, or lack self-esteem, then positive growth would be complicated. Feelings of hopelessness, despair, hate, fear, shame, and guilt would overwhelm us if we were deficient of self-acceptance. The spiritual segment of our program assists us to overcome our personal insecurities or hopelessness, thereby allowing us to use the spiritual principles offered to help us gain self-acceptance. By relinquishing ourselves over to the care of our Higher Power, we achieve the strength and courage necessary to reclaim hope, self-*

*esteem, self-acceptance, and the drive we need to battle the perils of the moment. By accepting God's guidance and direction, we obtain the opportunity for positive, productive change and growth to take place.*

*For us to enter the realm of recovery, we must accept that we have an addiction; accept that we are powerless over drugs and alcohol; accept those things that we cannot change; acquire self-acceptance to re-establish confidence in ourselves; accept that we must surrender our will and our lives over to the care of God; and, we must accept the situations and circumstances of the present – thereby further increasing our ability for positive change. These measures will pave the way for us to travel along the road to true peace, personal fulfillment,*

*progressive recovery, and, most of all, ongoing sobriety. Acceptance is an act of the will, and must occur if we are to continue in our recovery.*



## Chapter 8: Growth in Recovery

*Today, I live by easy standards that carry me through each day in peace, enabling me to overcome the perils that my current reality and surroundings bring to me. Primarily, I live by faith. Faith that God will restore all that was lost in my addiction, and thereby continues to keep me secure and safe in the serenity that I've found. My anchor that has been holding me firm is the process of acceptance that has allowed me to tolerate those things that I cannot change. Becoming disturbed or aggravated over petty encumbrances will only inhibit and disrupt my ongoing growth. Acceptance has allowed me to become open-minded, and helps me*

*to concentrate upon the things that will heighten my mental and spiritual growth – enabling me to develop a secure foundation, which will help me on my ongoing journey. I’ve arrived to the conclusion that if I permit negative influences to control my thoughts and actions, I would become defeated, and my growth would come to a stop.*

*My attitude and reactions to circumstances has a profound affect upon my state of mind. I’ve already decided to remain positive and optimistic, keeping my composure, and never to give up the serenity that I have found through the 12 Step program. I concentrate and reflect upon all principles, values, virtues, attitudes and feelings that will build up and strengthen my personal growth. I will not alleviate or stray from the*

*chosen path that has been set before me, in which I now follow.*

*I am becoming aware of all circumstances and situations that will hold me back and hinder me from further growth and development. I am following the staircase to Heaven, never again to tread upon the downward, endless spiral that only leads to chaos, destruction and darkness. The light and knowledge that I've found is comforting, surrounding me with its brilliance, allowing me to live within the serenity that it produces.*

*I have learned to abandon all of my previous addictive behaviors that caused my deterioration and insanity, pulling me within their grips, eating away at my soul, further crushing any life left within me. I have now acquired the ability to sustain from all negative,*



*degrading, unfruitful behaviors and thoughts. Each day I'm now able to awake to the marvelous Presence of the Light that God has bestowed upon me. I have adopted an allegiance to adjust and form into that Light and follow in the direction that it leads me. I approach each new step with exhilaration, and faith, confident that only good will unfold. I avoid all negativity around me, utilizing my protective arsenal to divert all things within and without that may disrupt my focus, or interrupt my peace of mind.*

*What motivates me and gives me strength in times of weakness and powerlessness are the comfort, joy and enrichment that serenity produces. I am completely aware that the absence of serenity would lead me to personal destruction and anguish. I automatically stray*

*and avoid stress and disturbance – assured that by remaining focused I will arrive safely to my destination without flaw or hindrance.*

*The means to obtaining spiritual awareness is to remain focused on the present, living just for today, not to dwell in the past, or be held back by past failures; furthermore, not to worry about the future, for you know not what the future will bring. By living and growing in the present, I will be setting the stage for a successful and fulfilling future. I now refuse to allow affliction, stress, or doubt to creep into my thoughts. For it is said, “As you think, so you are.” I strive to stay connected and to coexist with the endless energy that is within and without. Within me are no boundaries; I am becoming aware of the power of*

*thought. I've learned to let go of the bondage that was connected to my old wounds. Now I've closed the wounds of my past, cleansing my character defects, and all destructive setbacks. Elements of doubt would keep me bound, unable to move forward in my recovery.*

*Greater awareness is possible through the good-natured power of God. If we come to believe that we are in this world, not of this world, then we will tap into the energy we need to receive instant awakening of the spirit, and hope that greater awareness is possible. I've personally come to believe that I am a spiritual being, who is having a human experience.*

*Daily, I continue letting go of old thinking patterns that hold me back, and hinder my forward progress. I am inspired to achieve*

*greatness in my spiritual journey. I can now refuse to allow doubt to intrude. I now live by simple spiritual principles. Foremost, I don't allow conflict to interfere with my quiet, calm, peaceful, serene train of thought; furthermore, I remain focused upon the direction in which my heightened spiritual awareness is leading me. The trail left behind, up to this point, is gratefully left behind; it doesn't hold me back, or hinder my forward progress, or keep me bound. I am now driven to spiritual maturity because I devote all of my energies to please and glorify the Divine Presence that surrounds me. The brilliancy of this Light that God has shown me clarifies my vision, and helps me to see the chosen path that has been set before me. I foresee great and*

*wonderful things to come in this life with endless opportunities.*

*The armor that I now wear that God has given me is held together by faith, love, hope, joy, patience, perseverance, courage, strength, gratitude, sharing and caring, tolerance, and acceptance. Those simple spiritual principles are what keeps me abiding in serenity and moving forward in my recovery and personal growth. As I live in accordance with these principles, I am given the strength and inspiration needed to continue on the road to true peace, personal freedom, higher awareness, and inner purity. The constant, ongoing renewal of my mind enables me to live an adventure full of new, exciting ways of living.*

*Because I have been connected with the 12 Step program, I am given the resources needed to*

*achieve this new way of life that I now live. The program has given me hope, and confidence that the impossible is possible. I now have 4 years in recovery, and I've taken several other recovery related courses to improve my knowledge of the disease of addiction. My hope is that my experience, strength and hope will help my fellow addicts, and to possibly encourage all addicts to keep coming back because our Fellowship is awesome, and does work.*



## *Chapter 9: The Spiritual Journey*

*In order for me to stay clean one more day, I must relinquish my power over to the care of God. As I let go of worldly, impure desires, God steps in, freeing me of active addiction. I've learned over the course of my recovery that if I act with humility, then I will be carried through situations in which I have no control. I gain acceptance, tolerance and patience in my search for personal freedom, as I maintain a conscious contact with God through each day. By applying the principles offered in the 12 Step Fellowship, I've gained the wisdom necessary to battle my disease, and to face life with courage and confidence.*



*I now have faith, and believe that God will provide me with the strength, courage and wisdom necessary to face any trial or tribulation along my path; so, I will not fear, for when crisis arrives in which I have no control, I let go and allow God to intervene, showing me the path to follow. I conform to the likeness of His image and I'm saved from all harm. In order for me to retain this since of spiritual cleanness, I must not deviate from this new knowledge that I've gained. I now embrace this serenity, and all the peace and joy that it creates. The vision that I've encountered has given me a purpose and a worthwhile reason to live. The expansion of my spiritual awareness has brought me fulfillment of the void that I've been searching to fill my whole life.*

*One of the spiritual principle's that is very important to me is caring and sharing. I have finally learned to love myself, which now enables me to love others. I now have the opportunity to give back all that was freely given to me. As I care for others, being kind and generous while showing love, I continue helping myself in the process. It is very rewarding showing love to my fellow addicts and alcoholics. I now try to express love in all that I do. By living this way, I create a positive environment around me that brings me joy and peace.*

*There is no doubt in my mind - as I live by the spiritual principles of the 12 Step program, I continue moving forward along the road to success and personal fulfillment and freedom. It has become apparent that the incoming growth*

*of my recovery will bring me advanced understanding of myself, and the spiritual realm. This Light that has thus been revealed has emerged from the awaking of my soul. I am being guided by this Presence, and I will continue along this path with confidence and hope. I am becoming molded into the man that I was meant to be. I am being transformed into the likeness of the righteousness I seek. My internal strength, created from the newfound hope and guidance of the program, is the force that keeps me going.*

*All the things that I've learned to accept have enhanced my inner peace and have given me a new freedom. I can now tolerate many situations that would normally bring me distress. If I allow myself to dwell in misery of past failures, then my state of mind would*

*deteriorate. I've learned to persevere and act according to the things in which I now believe. I am confident in my ability to progress in my recovery. I am very pleased in the direction that my journey is taking me. Every added day to my sobriety is bringing me more strength, hope and joy, which together produce the serenity that I seek. The 12 Step program has given me hope.*



## ***Chapter 10: Inspiring Thoughts***

***In the 12 Step program, we learn to seek out and follow in the direction that our Higher Power leads us. We learn the importance of working the 12 steps to improve our understanding of purity, and the required steps necessary for us to terminate our character defects. Once our minds become clear, inspired, and positively driven, then we can begin the process of true personal triumph. For us to succeed, we should always abide in watchfulness, and always be aware that it is our thoughts that determine our actions. Our existence reflects the thought patterns that abide within. When we acknowledge our Higher Power, and seek His strength, while escalating our minds to a***

*greater realm, we are filled with strength, stamina, motivating force, and the knowledge necessary to carry out our endeavors.*

*As we meditate and reflect upon the goodness of our Higher Power, we gain the awareness and willingness to follow in the direction that it leads us. The thoughts that we visualize and ponder over will influence us to follow in their path. Our thoughts shape and form the circumstances that we encounter. As we totally concentrate our attention towards our thought process, its extreme influence upon us, and regard them as the necessary means for success and true fulfillment, we come into alignment with the power of our thoughts. The energy then produced propels us toward their intent. It is up to us if we want to remain stagnant in our recovery,*

*or continuously gain positive insight and awareness.*

*The thoughts that we pay attention to are the driving force of our actions. Our thoughts determine our state of mind: either pleased or disturbed, joyous or miserable, serene or angry, positive or negative, rich or poor, strong or weak, well or unhealthy, cared for or unloved. Our thoughts will enhance, or tear us down, and can either motivate us towards righteousness, or disconnect us from our spirit. By thought we either introduce goodness, or bring disastrous results of our negative reflections. If failure, hopelessness, sickness, stress, anger, bitterness, or any other negative emotion exists in our lives, it is a direct result of our impure thoughts.*



*Because of our disease of addiction, a lot of us are wrong thinkers, largely as a result of our character defects. Dwelling on past resentments, hate, or anger is extremely harmful. These impure thoughts and feelings that we maintain break up our inspirations; they destabilize our intentions; and, they are responsible for our incorrect choices. However, by pure thought obedience we can be guided towards the right actions. Changing our thought process is critical for us to achieve true growth, and positive, forward progression in our recovery. All the troubles that we face are in connection with our thoughts. The world we live in is from our own making. Impure, unwanted, damaging thoughts must be seized,*

*while fresh thoughts of positive, influential origin can be stimulated.*

*Victory of our minds opens new horizons for us to explore and embark upon. Endless opportunities await us as we always bear in mind that we must keep our thoughts positive, pure, hopeful, resolute, and confident if we wish to succeed and continue onward in our recovery. We who succeed do so through the correct process of thought. We first overcome in thought to bring about the actions necessary to succeed. Thought victory is the key to personal triumph in our endeavors. Let's use our minds to rise above life's darkness and despair, and to motivate us towards righteousness. Let's expand the limitations of our minds to exceed our perceived expectations. Thoughts of*

*completeness will inspire us, and drive us towards their harmony. By concentrating our thoughts to achieve victory, and through the direction and guidance of the 12 Step program, we can obtain our goals and rise above the challenges we face.*



## *Chapter 11: Victory of the Mind*

*During my search to find meaning in this life, while awakening my spirit within, I uncovered the truth. I've found purpose and merit, which genuinely enlightened me to comprehend more clearly the role of my existence. The answers that have been revealed are very uncomplicated. I've learned over the course of my journey that yes, I am a complex individual; however, I also discovered that simplicity is the key to unleashing the energetic drive held within me. The arousing of my inner spirit has occurred due to the innovative manner I have learned to think about myself, and this life. I have finally released all hostility, fury,*

*bleakness, and indignity that have been hindering my constructive development. Currently, I can actually be appreciative of the morning sunrise, or an artistic song from a yellow-breasted sparrow. Happiness has now replaced the previous impurities of my past. I am everlastingly indebted that my exploration for meaning and worth was victorious.*

*Over the preceding four years, I have been searching meticulously to purge myself of my immature ways. Over that time, I've learned that if I utterly focus my mind and heart on an issue that I could achieve anything. Poor choices and thoughts truly result in devastating outcomes. I've learned to evaluate all possibilities before a decision is completed. I also discovered that once my mind becomes lucid, stimulated, and*

*positively driven that I can assertively commence the process of true personal triumph. Moreover, by acknowledging my guiding spirit, which I call the Divine Essence, and by seeking His strength, while escalating my mind to a greater realm, I will acquire the strength, resilience, motivating might, and the knowledge crucial to fulfill my endeavors.*

*Today, I am sustaining calm fortitude, while staying long-suffering and perceptive. As I continue to absorb all knowledge, helpful criticism, counsel, suggestions, virtuous motivations, while always bearing the precision from my newly discovered inner influence, I will be ensured a safe and sound passage down the road to true serenity and freedom. My new inner voice is my channel to truth, to differentiate right from*

*erroneous, to convict me of indulgence, to divulge defects of temperament, and it helps me to relocate towards its harmony and positive intention. I should therefore strive to shadow my conscience as it uncovers itself through my daily responsibilities.*

*I have learned through the course of my journey that if I pursue the positive motivations of my inner voice, uphold a strong determination to abide in truth, care for others, endure the trials I stumble upon, and abide in staying power and reliance that good will reign, then I will rise above the challenges I face. I now experience and take pleasure in life's challenges and wonders. I live to my fullest potential. By relinquishing myself over to the care of the Divine Essence, I achieve the strength and valor*



*essential to reclaim hope, self-esteem, self-acceptance, and the drive I will need to battle the perils of daily life. Obtaining these virtues will pave the way for me to travel along the road to true peace, personal fulfillment, progressive growth, and true freedom.*

*The expansion of my spiritual alertness has brought me gratification from the emptiness that I've been searching to fill my entire life. The Light that has thus been exposed has emerged from the awakening of my soul. I am being transformed into the likeness of the uprightness I seek. I've learned to persevere and proceed according to the things in which I now accept as true. My thoughts will enhance me, or tear me down, and can either prompt me towards rectitude, or disconnect me from my strength of mind. Dwelling on*

*my past resentments, disgust, or anger will be tremendously detrimental. These tainted thoughts and feelings that I used to maintain had ruined my inspirations, destabilized my intentions, and were accountable for my faulty choices.*

*Victory of my mind opens innovative horizons for me to explore and embark upon. Infinite opportunities await me as I always bear in mind that I must keep my thoughts positive, wholesome, optimistic, unwavering, and confident if I wish to thrive. By concentrating my thoughts to achieve victory, and through the direction and leadership of my new inner voice, I will accomplish my goals and ascend above the challenges I face. This recently discovered attentiveness has lately handed me a great amount of hope,*

*tranquility, loyalty, and the drive I need to succeed.*

*Today, I live in agreement with the illumination that has been revealed to me. I am in high spirits, at ease, and faithful that my future will flourish from this new knowledge that I've received through my hard exertion and exploration for the truth. I foresee great things to come because I will continue to uphold the diligence and strong focus that will be needed for unending growth and personal achievement to transpire. I am delighted in the maturity that I've gained. I must never forget about this knowledge, or fail to recall the magnitude that it bears. I've unquestionably found the truth that I've sought after for years, and I'm appreciative for the great amount of personal growth that it brought me.*



## *Chapter 12: The First Step*

*The 1<sup>st</sup> Step of the 12 Step Fellowship requires us to admit our powerlessness over our addiction because our lives have become unmanageable. When I came to the Fellowship and began working the 1<sup>st</sup> Step, a total transformation occurred in my life. I began to feel alive again. No longer did I have to live in chaos and negativity. My life had undoubtedly changed for the better, and for that I am forever grateful to the 12 Step program. Before coming to the Fellowship, I lived a destructive lifestyle full of lies, anger, hopelessness and guilt. I felt separated from my true essence, and I knew that I couldn't go on living in this manner. I*

*discovered the 1<sup>st</sup> Step of the program, which began my progressive journey of recovery.*

*I finally admitted my disease of addiction and became willing to follow the simple guidelines of this proven program. I learned that I had to become honest with myself, my addiction, and with my complete powerlessness. I had to surrender my will, my addictive patterns, and my self-centeredness to begin anew. I was finally tired of always feeling inadequate and unworthy; and, most of all, I was tired of living a meaningless existence separated from God. I came to realize that surrender, acceptance, honesty, open-mindedness, willingness, and trust were essential for the process of recovery to begin. Surrender is the foundation that all other spiritual principles and growth derive from.*

*Daily, I had to surrender my powerlessness and unmanageability to set the stage for personal growth to transpire.*

*As I practiced applying these spiritual principles, I gained a new freedom and peace that I had never dreamed possible. I honestly started working and applying the 1<sup>st</sup> Step to my daily life. I discovered that I wasn't alone in this fight for ongoing recovery. I didn't have to face this by myself. The loving 12 Step Fellowship had my back. I was filled with hope, and a true desire for change. As my recovery progressed, I began to feel alive like never before. I began to learn how the program works. I noticed that other members were living happy, successful lifestyles; and if they could do it, then I knew that I could too. I dedicated my life to grow spiritually, mentally,*

*physically, and re-align myself with my Higher Power. I obtained the drive and strength necessary to continually move forward in my recovery. My journey commenced, and I haven't stopped growing since I began working the 1<sup>st</sup> Step.*

*After applying the 1<sup>st</sup> Step of the program, I learned to focus my attention upon the truth. No longer did I have to deceive myself. I was positively driven to emerge victorious in the battles I faced, as I began to live life on life's terms. With clarity of mind, I could now align my energies toward righteousness. It became apparent that concentrating my mind on doing right brought me continuous success. I learned to rid myself of all degrading, impure and negative traits that would hinder my forward progress. I was compelled toward righteousness. I*



*had finally awakened from my drug-induced haze that I for so long couldn't live without. Total abstinence was priority. As I embarked on this journey, my obtainable horizons expanded, providing me with endless opportunities for further growth and achievement.*

*To successfully complete Step 1, I had to be totally honest with my addiction and myself. I had to adhere to the suggested guidelines in order to stay clean one more day. I had to be credible for my actions, and how I carried myself. I had to be straightforward in order to fully receive the direction I needed to remain clean and serene. As I was open and sincere on my journey, I gained the strength and knowledge necessary for fastidious allegiance with truth and uprightness. I gradually*

*became genuine and forthright in my search for personal freedom. I honestly applied the suggestions offered in the program to better my life, and all aspects of my being. My inner spirit awakened, finally emerging to assist me in my journey. My true essence came forth, overcoming all obstacles that held me in check for so long during my addiction, and self-centered existence. Displaying acts of candor and decency became admirable traits. My new, positive moral values ascended beyond the limitations of my past. Righteousness took the wheel, steering me towards an unknown land full of opportunities and chances to excel. After working Step 1, I began to notice the positive changes that were taking place. All of this had occurred in*

*my life because I became truly honest in all aspects of life.*

*Open-mindedness is another quality that must be practiced to remain clean and sober. Being open-minded unlocks the doors to success. We become tolerant and inclined to absorb all ideas, thoughts, behaviors, and actions that will bring us growth in our recovery. Being open-minded means being receptive of suggestions that can elevate us to a different realm. Being lenient and easygoing during our journey will allow us to adhere to the principles that will enhance our ability to remain clean and sober. Being open-minded means that we are accepting towards anything that will promote our new, healthy way of living. Open-mindedness is important in the process of change and positive growth.*

*Once we become open-minded, it is necessary that we acquire the willingness to act upon the positive influences that we encounter. To obtain willingness is to be favorably disposed in mind; to be ready, and prompt to do the necessary tasks to enhance our well-being. We must contain the willingness, and desire for change in order for us to follow through in action to achieve positive change. We must not be reluctant, but eager and without delay to do what is necessary to remain in recovery. With enthusiasm we venture into the realm of life, and all that it entails.*

*Another positive attribute of Step 1 is the process of acceptance. With a consenting mind we step forward, unafraid of failure, but courageous in nature. We receive with favor the many facets of our*

*disease. We come to understand that we are addicts and learn about our disease, knowing that we have the ability to make the required changes that are necessary to move onward in our recovery. We learn to adjust and coexist with reality. We endure the trails we encounter, always remaining in hopeful expectancy and anticipation that good will prevail. Remaining long-suffering and uncomplaining we march on, ready to battle the perils of life, while armored with the spiritual principles of the 12 Step program.*

*During the first stages of my recovery, it was very difficult for me to set aside my pride and self-centeredness. Through patience and diligence, I learned the importance of acting with humility. Being humble is to be free from pride and arrogance. Humility is*

*the act of submission. It is to have a consistent mildness of temper, while lacking conceit. Acting with humility is to be subservient, to be obedient and compliant with Spiritual Principles and the 12 Steps. As we yield to our Higher Power, we gain freedom from our excessive pride. I learned to be compatible with living these principles. To be humble is to have a lack of vanity, and it is to be menial. When I learned the true nature of humility, I finally obtained serenity and peace of mind. I never thought I would be able to reach a true state of serenity. Well, I did! And it was quite simple too. While being humble, accepting, open-minded, willing, and honest I began to notice and feel all of the positive changes that were occurring in my life. From that point on, I knew*

*that recovery was surely for me, and that through the suggestions and guidelines of the 12 Step program, I could obtain success and fulfill all of my deepest desires. All of this understanding and enlightenment took place after applying the 1<sup>st</sup> Step of the 12 Step program.*

*Through personal reflection after first entering the rooms of the Fellowship, it was made clear that my powerlessness over addiction was uncontrollable. I had to accept responsibility and take charge of my recovery. Open-mindedness and willingness enabled me to apply the spiritual principles of the program, and provided me with the tools necessary to honestly work the 1<sup>st</sup> Step. As I recognized the destruction and horrific qualities of my addiction, I came to understand the importance of*

*surrender, acceptance and honesty. The 1<sup>st</sup> Step allows us the opportunity to stray away from our selfishness, and learn to become God-centered. Becoming less self-centered encourages new, healthy ways of living without the insanity of obsession and compulsive behavior. No longer does fear, doubt, isolation, confusion, and the feeling of separation from life have to control us. In recovery, we strive to get back the sanity that we lost in our addiction.*

*When I came to the Fellowship, I always heard the familiar slogans: “Let go and let God,” “Keep coming back,” “Easy does it,” “One day at a time,” and “Don’t leave before the miracle happens.” These sayings made a lot of sense, especially in the first stages of recovery. Through these simple*



*suggestions, I discovered new ways to adjust to life on life's terms. Through time, I started to reclaim control and hope, while obtaining the ability to detour around temptation, isolation, seclusion, and alienation. Strength of mind and spirit enabled me to attain the power to live. By observing and listening to the experience, strength, and hope of other recovering addicts is an indication that miracles do happen to those who devote their energies and focus towards ongoing recovery.*

*To completely surrender, I had to yield to a Higher Power, while admitting defeat as I wholeheartedly abandoned self. By surrendering, we release the chains that bind us. Those things that we cannot change no longer have to torment us. Surrender becomes victorious over our*

*powerlessness. Open-mindedness removes us from the pits of despair. Uncertainty no longer has to cloud our vision. We can now move in the direction we choose. We must never become “powerful” again, or we will fall back into our old ways of chaos. Acting responsibly severs the course of insanity that controlled us. Remember, if nothing changes, then nothing changes.*

*As we move forward, we become aware of our triggers and all situations that initiate our demise. We learn to steer clear of all circumstances that would hinder our further growth, and spiritual advancement. In our recovery, we improve our well-being, our happiness, and we rise above the seclusion of the past. We gradually begin to act out of love, respect, and anticipation that out*

*Higher Power will see us through. When we let go and let God take over, a newfound strength emerges from the awakening of our soul. I've learned that spiritual advancement necessitates enduring the things that we cannot change as we surrender, learn, and apply the Spiritual Principles offered in the 12 Step program. We can be assured that by NOT practicing spiritual principles, we would be cut off from further growth. Applying spiritual principles will seize unsound patterns of self-absorption and intemperance. Expanding the quality of our uprightness, gaining enlightenment, becoming aware of our spirituality, and by releasing fear we transform into spiritual beings.*

*During my active addiction, my spirit seemed inaccessible. I had separated myself from all life. I*

*discovered that the 12 Steps were full of practical advice and suggestions that help us get out of our own head and recognize our disease of addiction. I learned that by removing my destructive thought patterns, behaviors, and qualities that promoted my insanity, I could uncover my true nature, get to know myself, and become a power for good. A sense of meaning and purpose was finally reachable through the uplifting process of spiritual growth, awareness, enlightenment, understanding, and personal freedom. Commitment together with action leads to transformation and conversion from impure to responsible. Positive expectations overcome misery and anguish. Faith in our Higher Power to do for us what we couldn't do for ourselves, brings us assurance and*

*hope that the impossible is possible.*

*For the newcomer working the 1<sup>st</sup> Step: Keep it simple, surrender, admit defeat, abandon all destructive forces, form new beliefs, heighten your strength of mind, be honest and open-minded, willing, faithful, and hopeful. By living in the moment, we receive the ability to be strong, firm, steadfast, and dedicated to the renewal of our mind. I hope that my personal experiences and beliefs regarding the 1<sup>st</sup> Step brings you enlightenment, and knowledge of this first step that begins our journey of recovery. Now let us commence our journey to the 2<sup>nd</sup> Step of the 12 Step Fellowship.*



## ***Chapter 13: The Second Step***

***As we continue our journey to Step 2, we have already had a glimpse of a Higher Power working in our lives, through the 12 Step program, and through the 12 Steps and 12 Traditions. I came to understand that my personal beliefs about my Higher Power were unique and personal, which was the way it was meant to be. My Higher Power is the God of my understanding. This isn't a religious program; it is a spiritual program set up in a way that everyone with his or her diverse beliefs can utilize. My Higher Power only wants the best for me. Now through the active process of Step 2, I was competent to release the binding grips of fear and***

*insecurity that hindered my forward progress.*

*Our belief in God may possibly be different from others; however, the ultimate reality is that help is accessible to those who seek out. As we surrender and become open and eager for change to occur, our Higher Power, and our personal understanding of God will emerge and bring us out of our insanity, releasing us from the grips of fear. The Fellowship has countless walks of life, various people with diverse religious backgrounds, in addition to atheists' and agnostics. So don't be deterred that the Fellowship has a specific group understanding of God because that isn't the case. Your belief in a Higher Power can be private, and it should be. Our members don't have to choose among our religion, or our search for recovery because*



*we can have either. Always know that the Fellowship is a spiritual program that uses universal spiritual principles and practices for the foundation of our recovery. It has been proven, and it unquestionably works, I know from personal experience. If it wasn't for the 12 Step program, I would probably be dead, and for that I am everlastingly indebted.*

*When I completed working Step 1, I was in a state of total powerlessness. I couldn't surmount this disease under my own power. I urgently needed a Higher Power to show me the way. After surrendering my will, I had to become willing to permit God to work His miracles in my life. I had undergone a 100% change in all aspects of my life. No longer did I have to rely on my own power to overcome the obstacles that*

*recovery handed me. I began to “Let Go and Let God” take charge of my life. As I noticed and observed all of the miracles of recovery in others and in myself, my faith matured, my hope increased, and the knowledge essential to stay clean and serene was revealed.*

*In Step 2, we come to accept as true that God can convert us into spiritual beings, devoid of all apprehension, misery, and failure. Increasing spiritual expansion leads to enhanced awareness and clarification in our journey. The more we seek righteousness and clearness of mind, the greater our personal improvement. The routes to victory are countless with the help of our Higher Power showing us the way. Perplexity no longer torments us as we take each step decisively forward. The more I*

*became God-centered, the more my life reflected positive growth. Once I began seeking the knowledge to reside in accordance with God's Will, the greater my development became.*

*When God entered my life, I discovered that acceptance was a trait that brought me peace of mind. I was able to accept the life I lived in the past, the life I was living, and the endless opportunities of the life that is to come. My reachable horizons expanded, allowing me to achieve goals that were not obtainable in my active addiction. Through patience and dedication, I took a step resolutely forward, always seeking help and guidance from my ever-present Higher Power. When I faced life's challenges and difficulties, I always turned to God for the strength and energy that I*

*needed to overcome the perils of daily life. Never once has God given me too much to handle. My life has never been the same.*

*Optimistic anticipation increased during the 2<sup>nd</sup> Step, as I came to believe that this power greater than myself could direct me towards positive growth. Greater awareness and understanding filled my vision through becoming more God-centered, and less self-centered. Through time, I came to realize that God has always been with me. The caring, loving Hand of God came back into my life because I let Him in. I came to believe that only through God would I become whole again. From that point on, I let go of my shortcomings, my fears, and all of my negative traits. True recovery started emerging from the depths of my spirit. I started to transform*

*into a spiritual being, not a person of sin.*

*I discovered through personal experience and observation that by talking about God, and through personal reflection, I was able to learn more about this Higher Power. In the rooms of the Fellowship, I found hope, inspiration and understanding of this divine Essence that I had put my trust in. Also, after working Step 2, I learned that false pride and arrogance would only cause destruction and chaos. My ego couldn't stand in the way if I was to continue moving forward in my recovery.*

*For us to come to believe that a power greater than ourselves can restore us to sanity, we are equipped with tools that can enhance our understanding of God, and help us to gain a better*

*relationship with our loving Higher Power. One tool is the process of meditation. Meditation is used to expand our awareness of the spiritual realm, and all that it entails. We come into connection with our inner being, we re-align ourselves with truth, and we get to explore the life of the spirit, which is, in itself, life. Through meditation, we can envision our direction, and live out the possible outcomes before any action is made. We still our minds, releasing all negative thought patterns, and we enter the spiritual world, devoid of insanity and hindrances.*

*In the meditation process, we establish conscious contact with God as we allow His Will to flow into our essence. Our new, improved conscious can initiate positive influence to drive us towards personal growth and*

*ongoing recovery. For me, I sit down and relax, stilling my mind, while releasing all stress. I notice the marvelous wonders of nature, and all living things as Divine in essence. My mind becomes free, and I come into contact with God. Answers are revealed. Strength and energy fill me as I am shown the way. There becomes no question as to which direction I should take. The knowledge of God's Will is revealed. Peace of mind and assurance envelope me, and all is well. It is reassuring to know that whatever happens on my journey in recovery, good will prevail. A greater understanding of myself, of God, and of life will result from always seeking God's Will, and the power to carry it out.*

*God's harmony is without fault, refusing thoughts and behaviors not in agreement with His*

*excellence. I am now free to strive towards my goals in confidence and trust that my labors will not be in vain. Resentments, guilt, shame, dishonor, regret, hopelessness, fear, weakness, doubt, negativity and confusion remove itself from our being as we constantly maintain constant contact with our Higher Power. The Spiritual Principles of the program replaces the fear we abide in, and gives us the courage to move onward in our recovery, uninhibited by negative qualities that plagued us in our active addiction. Spiritual principles are used in our personal growth. Such principles as honesty, acceptance, patience, surrender, love, faith, courage, strength, open-mindedness and willingness can be used to assist us in our forward growth. Commitment and devotion to move*



*onward in our recovery is necessary for continuous growth to occur.*

*Success awaits us as we use our newfound strength and positive direction by maintaining conscious contact with God, by allowing God's love to penetrate our perimeters, and by being open and willing to follow in the direction that God leads us. With God's direction, our drive can propel us towards success. Life is more fulfilling and joyous because we are now able to trust God with the things that we have no control over. So let our journey commence amidst the spiritual realm, and let us find meaning, purpose, and truth as we follow in the direction that God leads us. Without spiritual growth, progressive recovery would be impossible. Good luck. I hope that all of you*

*come to believe that a power greater than yourself can restore you to sanity.*



## *Chapter 14: The Third Step*

*Through personal reflection from the first two Steps of the program, we acknowledged our powerlessness and unmanageability resulting from our addiction or alcoholism. The first two Steps brought us enlightenment of our disease, and we became open and willing to allow our Higher Power to lead the way. As we came to accept our powerlessness over drugs and alcohol, a relinquishment of self-will occurred, allowing us the opportunity for positive change to manifest. Honesty, open-mindedness, willingness, and acceptance were the Spiritual Principles involved through working the first two Steps. From that point on, we must take action*

*in our recovery for the remaining Steps to work their miracles. It was our self-will that blocked the entry of our Higher Power to shed the light of truth.*

*Willingness is essential for Step 3 to commence its wonders. Our decision and willingness to turn our will and our lives over to the care of God disconnects us from our addictive patterns – our false pride, arrogance, selfishness, dishonesty, and the insanity, among other things, that inhibited our control over our lives. As we allow God to lead the way, the bondage that once imprisoned us fades away. We begin to get in touch with our spirituality, realizing that true growth and development results from the awakening of our spirit. We come to know and understand our true essence, free from destructive*

*ailments. The road to recovery begins from applying Step 3 into our lives. Applying the Spiritual Principles associated with each Step allows us to positively progress on our journey. At the challenging and difficult times in our recovery, it is through Step 3 that we acquire steadfastness, ability, patience, and an awakened mindset to battle the perils we encounter.*

*From the spiritual enlightenment that results from applying Step 3 in our lives, we come to recognize the negative characteristics that inhibit our further growth and development. We become willing to let them go, and to rely on God to free us from their grips. Through faith, we can quiet the voice within that causes us turmoil and stress, releasing the ties that bind them together. And*

*through faith, we strengthen our relationship with our Higher Power. As time goes by, we come to know God's Will, and we strive to follow in the direction that it leads us. Through faith, we step aside, allowing God to work His miracles. The process of acceptance silences the unnecessary worry over the things that we cannot change. In times of stress, when we apply our newfound faith, we are filled with energy, and we become reconditioned, revitalized and enlivened. Hopeful expectancy fills our vision. Spiritual reflection becomes a way of life, enlightening our path, showing us the way to serenity.*

*Before you commence your journey, bear in mind that the reconditioning of your mind is very important to stay in connection with the Hand of God who will lead*

*you. God alone has the ability to rise above the confines of our mind to carry us into the realm of the spirit. A person who attains the essential knowledge of God's all-pervasiveness will unlock the doors to true freedom and happiness. Personally, I had to gain knowledge and understanding of my true essence within before I obtained the ultimate enlightenment that I was searching for. It was necessary for me to clear away the binding attitudes and thoughts to continue stepping forward in my recovery. Clarity of mind allows one to experience the innermost joy that lies at the heart of our spirit.*

*With the help of my Higher Power, I was capable of intensifying my spiritual awareness, and was irrevocably competent to retrieve balance in my*



*life. The emptiness that once consumed me was replaced by the all-knowing power of God. I started to establish a secure, solid foundation with its base held together by the loving Hand of God. I possessed the ability of spiritual acuity, which greatly enhanced my intellectual perception of this world, my role therein, and the direction that God was leading me. It had become apparent that my previous past character defects and shortcomings were eliminated, and that the primary motive of my new, clean and serene existence was to take pleasure in life, achieve my goals, live in love, and to follow in the direction of my ever-lasting source of strength. A newfound serenity had replaced the fears, inadequacies, and failures of my active addiction.*

*The benefits of my total relinquishment of self-will were plentiful. A new, courageous state of mind motivated me towards positive growth, and helped me to rebuild my integrity. I learned to pursue the achievement of righteous goals that would lead to continual advancement in my recovery. I became open-minded, patient, and willing to incorporate any new ideas, thoughts, behaviors, attitudes, and actions that would promote my healthy lifestyle. As I began letting go of old resentments, fears, doubts, failures, and self-centered ways, a massive weight had been lifted from my shoulders, enabling me to strive towards the new freedom that was uncovering itself before me.*

*I had an entirely new outlook on life. All the Spiritual Principles*

*that I learned to apply to my life from the 12 Step program had given me a new life, free from the bondage of active addiction, and free from the agony of character demoralization. Through actively working Step 3, I freed myself from the grips of my old ways, and gained the knowledge and ability to step resolutely forward in my recovery, with a new, positive mindset that escalated me beyond the limitations of the past, and set me free from false pride, anger, and all hostility. The results of my surrender to my Higher Power were extraordinary. I was finally relieved of all doubt, and I became very trusting that my Higher Power wouldn't let me down, or allow me to become besieged, but instead, would bring me serenity, victory, spiritual illumination, and a joyous freedom that knows no*

*bounds. The God of my understanding is a remarkable God. Today, I am a grateful addict, who is evermore indebted from the rewards of Step 3.*

*You too can achieve prominence. Never tolerate reservations to encroach upon your new center of attention. Be unrelenting in your search for ongoing recovery, and personal and spiritual expansion. Through working and applying the Steps into your life, you can free yourself from the pain of active addiction, and all of its destructiveness. It is uncomplicated and simple to follow in the path that the 12 Steps will lead you.*

*Awareness and readiness to apply the Spiritual Principles of the program will replenish your mind and spirit to an increased level of awareness that will enable*

*you to achieve greatness in your daily endeavors. God can do for you what you couldn't do for yourself through incorporating Step 3 into your life. Know that through the power of the Divine Essence, recovery is possible; and, our perceived limitations of the past can be set aflame and tossed into the depths of the sea, never again inhibiting our forward growth. It is comforting to know that our past destructive lifestyle is no more. The new liveliness that is all-pervading is propelling us towards triumph. And it all started from the absolute surrender of our self-will. This decision to step into the spiritual realm will ensure our unending recovery and personal growth. Take pleasure in the benefits of applying Step 3 to your recovery.*



## Chapter 15: The Fourth Step

*Before starting Step 4 of the program, I came to realize that I had new resources accessible for me to call upon in times of need. Once I surrendered to my Higher Power, I obtained the ability, knowledge, and vigor necessary to take a step forward devoid of fear. I became self-assured in my innovative, healthy decision-making skills, and my newfound spring of hope. I refused to permit myself to embark upon Step 4 with trepidation, reluctance, or dishonesty. I had already, at this point, given my Higher Power the authority to direct my life according to His Will. Now it was time to apply faith and trust that God will see me through this experience. I knew that only good*

*would result from making a searching and intrepid moral inventory of myself. So, wearing the shield of valor, and stepping forth in confidence, I began this new journey that in due course led to a successful, fulfilling, and happy lifestyle.*

*The definition of moral in the dictionary says, “Of or concerned with the judgment or instruction of goodness or badness of character and behaviors.” It also goes on to describe moral as: “Conforming to established standards of good behavior”; and, “Arising from conscience.” I’ve personally come to understand in my journey that morals are habits of demeanor. Moral is an expression that means right, good, candid, respectable, and ethical. A moral person is a virtuous person, and an upright person; an individual who*



*maintains standards of livelihood that mirror love, righteousness, and integrity. I had made it my utmost objective in recovery to be converted into a moral human being, someone who people can depict as a virtuous person of true integrity. Integrity became an immense model for me. Having integrity is to be sincere, truthful, and honorable, ultimately to be a moral person. In order for us to arrive at this position, we must follow through with our personal moral inventory, and bring to light the deficiencies of disposition that manage to survive, in order that we may get in touch with our uniqueness, and draw closer to be acquainted with ourselves, so we can better mould our lives to positively progress in our recovery.*

*I was instructed that before I*

*begin the 4th Step, I would need to ensure that I was prepared, eager, and competent to be utterly straightforward, meticulous, and courageous while I write down my moral inventory. Through my newfound faith that my Higher Power supplied me with, I obtained the audacity considered necessary to follow through with this Step. Applying and utilizing the Spiritual Principles that I had learned so far in the program, helped me to complete this Step, which totally changed my life for the better.*

*Honesty is the essential element of this Step. When we are honest with ourselves, with our personality flaws, our moral fiber, our depraved standards, and all the negative aspects of our recovery, we gain the capacity for positive change to transpire. An ever-abundant amount of*

*opportunities for positive alteration, growth, and development awaits us, as we are honest about our powerlessness, our addictive behaviors, and our disease of addiction. By being straightforward, we are equipped to make the most of all the other Spiritual Principles of the 12 Step program that include: Acceptance, hope, commitment, faith, courage, willingness, meekness, unconditional love, firmness, open-mindedness, alertness, strength of mind, sharing and caring, and, of course, honesty, which is the Ultimate Spiritual Principle in which all the others derive from. Remember, before commencing Step 4 that changing is a course of action that starts with the mind, then enters the soul, and comes forth through our decisions. We are the architects of our destiny,*

*and by living one day at a time we gain familiarity, might, and anticipation to face life on life's stipulations, to accept the things we cannot change, and the nerve to confront the ultimate actuality of existence.*

*In my personal moral inventory, I wrote down all the characteristics that were connected with my addiction and me. All negative aspects of my character were exposed. The primary defects that should be listed in your moral inventory are the causes of your resentments and anger. These are the vital defects that we should focus on: Arrogance, self-pity, voracity, deceitfulness, egotism, narrow-mindedness, spite, jealousy, edginess, fear, lust, remorse, indignity, failures, disgust, and pride. A searching and fearless*

*moral inventory should also contain all of your good characteristics that you wish to keep and build on that could include love, faith, sincerity, kindheartedness, consideration, triumph, endurance, and so on. The whole idea of a moral inventory is to bring to light our character defects and personality flaws that bring us fear, resentment, or guilt, and anything that can hold us back or obstruct our forward advancement in recovery.*

*As my Higher Power provided me with the tools to work this Step, I was able to efficiently travel along its path. The journey was a roller coaster of feelings and emotions, but in the end, good did prevail, and I gained the awareness, knowledge and understanding that I desired. As I looked inward for the truth, I came to glimpse how*

*my active addiction distorted my vision. I noticed that I thrived on anger and holding resentments. As I started to write down my moral inventory, a feeling of harmony and calmness filled me. After I thoroughly wrote down my inventory, I knew what would have to be done to reach the level of freedom that I needed. A new attentiveness provided me with additional strength to embark upon the positive changes that needed to take place in my recovery. I had all the resources that I needed to safely and audaciously step purposefully onward in my pursuit.*

*I had learned from this Step that my character defects were simply the consequence of my inability to uphold conscious contact with my Higher Power. Now that I was clean and serene, I*

*wanted to be unconstrained from the binding grips that were destroying me, making my life totally unmanageable. I desired positive change, spiritual growth, and personal freedom, so I did what was necessary to start removing my character defects. Step 4 brings us awareness, and at later Steps we gain the aptitude, intellectual capacity, and potency to carefully eliminate these defects of temperament. Step 4 is the starting point for a total renovation of character to begin in our revitalization. Personally, I wanted my character defects detached right then and there; however, I also had learned tolerance and confidence in the Fellowship. Recovery is a lifelong course of action. True positive change occurs when we're prepared, and can handle it.*

*Therefore, I recommend that we gain all the awareness that we possibly can in this Step, then start preparing ourselves for positive change to commence. Plain awareness is all we need sometimes for change to set in motion. Trust that our Higher Power will guide us and show us the way to true tranquility and gratification.*

*Perfection is not our objective, but progress is the key to steadfast recovery. As we honestly work Step 4, positive behavior change will occur. As we are candid and bold, we come to know the things we want to change about ourselves, and the things we wish to keep. Self-examination opens the door for true alteration to begin. We continue to hear in the meetings that maintaining stability is extremely imperative in our*



*recovery. Achieving equilibrium is crucial for us to remain unyielding and unfaltering in our search for positive change. We equalize all parts of our lives to preserve balance. Examples of the four levels of balance are Self, God, Society, and Service. So, as we do our personal inventory, scrutinize all areas of our lives carefully and fearlessly to achieve superior results. A whole, happy person maintains poise in those few areas of his life. Doing so, he is better able to achieve victory. I hope that my description of Step 4 will help you to better understand the magnitude that this Step will have in your life, and in your recovery.*



## *Chapter 16: The Fifth Step*

*Admitting to God, to us, and to another human being the exact nature of our wrongs is the objective of Step. Admitting our wrongs thoroughly in a manner reminiscent of this will heal us of guilt, indignity, regret, alarm, resentment, animosity, jealousy, and countless other obstructions that may thwart our forward progress in recovery. Acknowledgement of our sins will guarantee us God's forgiveness, thereby enabling us a safe, protected passage down the path of ongoing recovery. For us to disclose to God, to ourselves, and to another human being the precise nature of our wrongs will necessitate an act of proper*

*humility on our part; however, humbling ourselves brings us superior attentiveness and candidness that will unquestionably bring us liberation of the bondage of our past wrongdoings.*

*After writing down our personal moral inventory in Step 4, we are now ready to mend our past wounds through confession and humility. This confession process is truly life giving. Once this act has been accomplished, a new source of guidance and protection will thrive in our journey. All obstructions are set aside from our path, and we obtain complete insight, understanding, and direction from our Higher Power. We will get more in touch with our spirituality and sense of purpose that will provide us with the additional drive that we need to*

*excel. I cannot stress enough the importance of carrying out Step 5 in our recovery.*

*Personally, I was very timid and frightened of painstakingly completing this crucial Step. It took awhile to gain the nerve to initiate this Step, but when I finally admitted my wrongs, a sense of relief and pleasure filled me like never before. It was a very awe-inspiring occurrence for me, but the act itself wasn't as bad as I pictured. For me to sincerely, and entirely follow through with this Step, I had to eliminate all unenthusiastic thoughts from my mind. I told myself that completing this Step would only generate additional expansion and improvement in my life, and in my upturn. I set aside the false pride that was trying to surface. I quieted my mind, while asking my*

***Higher Power for the audacity and vigor to put together a thorough confession.***

***I then started admitting my wrongs to my Higher Power to begin with. I read my personal inventory, while recollecting all corrupt situations that I could commit to memory. I started with my childhood, and then admitted my wrongs all the way to the present, while asking for God's forgiveness and mercy. I wasn't able to complete that whole procedure in one session, but I in due course told God each and every one of my wrongs that I could possibly remember, particularly those wrongs that brought me annoyance, bitterness, guilt, humiliation, and sorrow. After I admitted my wrongs to God, I chose my sponsor to admit my wrongs to. I trusted my sponsor***

*with this information, and I was meticulously open and straightforward; what a relief I felt after the course of action was concluded. It would take pages for me to portray the feelings and events that took place. I will, on the other hand, stress the magnitude of completing this Step.*

*Admitting our wrongs is intended to set in motion the reparation process that is to later commence. Until we own up to our wrongdoings, our Higher Power will not forgive our sins. It is imperative that our Higher Power grants us the strength and audacity to confess our sins, so He can further help us on our journey. Other results of admitting our wrongs include the removal of temptation to insensitive feelings from those people that we've ill-treated, and to encourage us to*

*become humble in nature. Admitting our faults promotes our self-assessment. Admission furthermore ensures our spiritual advancement, which is ultimately the central factor in our positive development in recovery. Forgiveness from those that we've sinned against will cure our conscience, and allow us to move onward in our quest for progressive recovery, personal growth, and spiritual advancement.*

*To admit the exact nature of our wrongs, we should include all the aspects of sin that we've committed, such as our wrongs against people, community wrongdoings, private offences that recurrently overpower us, detrimental mannerisms of makeup, devastating tendencies, persistent faults, infrequent blunders, weak points, and all*



*other faults or weaknesses of character that we can summon up. Simply, sins against God or against people, huge sins or minor sins, or intentional sins or minute sins. Through this process, God removes our guilt, throwing it away into the depths of the sea. God covers our embarrassment, and disposes our liability, leaving us with no more to pay, while cleansing us of all unrighteousness.*

*If we decline to follow through with this Step, our unconfessed sins will haunt us, resulting in the demise of our body and spirit. We will have to continue paying the penalty of our wrongdoings. We will be deficient of strength and peace of mind, leaving us feeling feeble and depressed. We will lose all sense of joy and completeness. We will become perturbed and besieged*

*with the dishonor and guilt caused from our wrongdoings.*

*By completing Step 5 of the 12 Step program, we gain God's forgiveness, supervision, and strength. We obtain complete forgiveness, clearing our debt from precedent wrongs. We become open to receive the blessings of our Higher Power. We receive God's safe and sound refuge. We gain God's cautious counsel. We receive God's unconditional love and support in our recovery. And, foremost, we choose God's blissful victory as an alternative of sin's catastrophic demise.*

*To put declaration of guilt in practical requisites, we should address everyone implicated; stray from ifs, buts, and maybes; declare the precise nature of our wrongs; accept the pain that we've created; stomach the effects; alter our*

*conduct; and receive God's reconciliation. Through these steps, we release the burden that our addiction brought us. We step out into the spiritual realm, acquiring the much-needed additional assistance that we need to continue moving ahead in our recovery.*

*From the familiarity that I've gained from completing this Step, I've learned that facing this Step with fear is redundant, and trepidation will obstruct our detailed confession. We must be open, candid, and wholehearted when beginning Step 5. There is no need for disinclination or apprehension because after we complete this Step, a feeling of relief and healing will engulf us like never before. This is a life giving experience that will promote a heightened level of positive*

*intensification in our recovery. Stand strong, and know that God is behind us, waiting to supply us with His full forgiveness. We will become open to receive God's astuteness in our daily endeavors. The opportunities for personal and spiritual advancement will be unending. We will be converted into a grateful recovering addict. I have never had the increased amount of awareness, knowledge, and understanding in my life than I do now, especially after completing the 5<sup>th</sup> Step.*

*I want to emphasize the immense amount of serenity and freedom that we will receive while working this Step. All of the baggage from our past is uncovered for the healing process to commence. At this stage in our recovery, all that is required of us is the confession of our*

*wrongdoings - to ourselves, God, and another human being. As we then Let Go and Let God work His miracles, we are provided the necessary means to move on to Step 6 of the program. Our Higher Power gets us geared up for the 6th Step, in which we become entirely ready to have God remove these defects of character. The 12 Steps are constructed in a way that guides us in our recovery process. As we pursue in this established route of recovery, we will be proficient to achieve triumph in our hunt for total recovery. And in the process, we will acquire a better, more enlightened outlook of ourselves, our life, our purpose, and of the direction that we are being guided towards.*

*I personally would suggest that all members of a 12 Step Fellowship should undergo these*

*Steps at their own pace. Rushing through the Steps will only generate trivial alteration in my opinion. We will get out of our recovery what we put into it. If we unwearingly, thoroughly and honestly work the 12 Steps, then we will be rewarded with all the benefits of recovery; a more satisfying standard of living; a more in depth perceptive of our true essence; a more open insight of the everlasting opportunities accessible to us; a more loving relationship with our Higher Power; healthier overall relationships with family and friends; all the benefits of a spiritual awakening; a happier, more peaceful way of life; increased expectation and assurance that God will continue showing us the line of attack; a superior sense of identity, and the*

*influence of affirmative contemplation; heightened vigor, valor, devotion, drive, astuteness, and the knowledge needed to perpetually progress in our revival.*

*Never again does the recovering addict have to continue trying to fill the empty void inside of him. The tools and knowledge that we receive in the course of working the 12 Steps completely fills that emptiness. All the qualities of true delight and contentment are available to us. Step 5 is a major Step in our recovery process. I previously listed all the benefits of working Step 5, and the knowledge essential to thoroughly complete this Step. Keep it trouble-free, take it one day at a time, seize the opportunity, and candidly tread forth in faith, relying on your Higher Power to supply you with*

*the audacity and power necessary to engage in this Step. I hope that my suggestions help you to understand that fear will only stall the thorough process. Let Go and allow God to demonstrate the way. This will be a major milestone in your recovery, and good luck to all.*





## Chapter 17: The Sixth Step

*After coming to believe that a Higher Power could restore us to sanity, while we surrendered our will over to the care of God, as we understood Him, we then wrote a searching and fearless moral inventory of ourselves. Next, we admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Now we are ready to move on to Step 6 of the program by becoming entirely ready to have God remove all these defects of character. The process of Step 6 requires us to learn how to be faithful and trusting towards our Higher Power. We start the process of humbling ourselves, and to trust that God will give us the guidance, knowledge, and ability to act according to His will, so we will*

*no longer have to live amidst the defects of our past.*

*By being faithful that God will remove our defects of character, our inner spirit and true essence becomes competent to receive the divine treasures that God will provide us to help us rise above the perils that plague us. The negative, chaotic behaviors of our past will be replaced with the life-giving force of actively applying the Spiritual Principles associated within the 12 Steps. By becoming faithful and humble, we are now able to apply key principles that will allow the positive growth process of recovery to commence, which will include honesty, acceptance, hope, courage, perseverance, open-mindedness, God-centeredness, vigilance, self-discipline, patience, selflessness, positive thinking, tolerance, trust,*

*and gratitude. All of those Spiritual Principles are now open to us as we begin working the sixth Step.*

*As we become accepting and humble by becoming entirely ready to have God remove our defects of character, we learn that patience is a virtue. Gradually, we become open-minded, and willing to apply Spiritual Principles to our daily lives. As we learn to live in humility, and to become vigilant and honest in our daily endeavors, positive change transforms us into whole, spiritual beings. No longer does a negative mindset have to control us and hinder our forward progress. A new sense of hope and courage propels us forward, and we obtain the direction that we need to live anew, to continuously move onward in our recovery, and*

*to attain the spiritual enlightenment that we seek.*

*To attain victory, it is essential that we uphold a sharp, relentless focus on our goal. Being complete and bursting of goodness while straying from mayhem, deceit, arrogance, self-indulgence, egotistical desires, resentment, and edginess will result in the execution of our ambitions. Absorbing all awareness, helpful criticism, counsel, suggestions, virtuous motivations, while always considering the genuineness from our voice within will ensure our safe and sound means of access along the road to recovery. When difficulties on your path arise, examine all facets of the assessment watchfully to ensure an action of triumph.*

*Abiding in patience and faith, while working the 6<sup>th</sup> Step, will*

*ensure us a complete release of our defects of character. Our attentiveness should be focused upon a strong and confident mindset toward God, and God's will for us. Then, as we move on to Step 7, our faith and confidence in the ability of our Higher Power will be strong and firm. We will be better able to allow the process of true positive change and transformation to occur. We continue to see the wonders of this program, and we become open and willing to allow this process to occur in our own recovery.*

*As we diligently seek for truth, and the ability to rise above our addiction, we learn what is required of us if we wish to achieve greatness on our journey. The serenity that we all wish for becomes possible for us to achieve. We learn to abide by the proven*

*suggestions, and to live in accordance with the Spiritual Principles involved with working the 12 Steps. We take action to the suggestions offered, while keeping it simple, and working the Steps one day at a time. Our newfound, enlivened spirit shines forth, we gain integrity, and strength of character, and we've learned to accept and let go of the things that we cannot change. We persevere on our journey, and an endless amount of opportunities are presented to us. Life becomes a fulfilling adventure, instead of a demoralizing, chaotic, and out of control existence that we all faced in our active addiction. Recovery becomes a way of life, and we become grateful of the immense amount of positive change that transpired on our path.*

*Step 6 of the program must be applied if we desire the removal of our character defects that take place in Step 7. Awareness and knowledge of the tools provided to us through applying the Spiritual Principles will help to get us ready for the removal of our character deficiencies. We pursue the positive motivations of our conscience, while maintaining a steadfast determination to abide in truth, as we live each day. We refuse to allow negative thoughts, or corrupt desires to intrude upon our newfound strength of character. Then we steady ourselves to live in the direction that our Higher Power reveals to us. The character defects of our past no longer have to obstruct our onward growth. Limitless positive change and development can now*



***be ours as we move on to Step 7 of the 12 Step program.***



## ***Chapter 18: The Seventh Step***

***After we get prepared for the elimination of our character defects, we now humbly ask the God of our understanding to remove our shortcomings. Through the process of Step 7, true positive alteration will advance us to a new realm, full of tranquility, peace of mind, and an increased sense of purpose and fulfillment. For us to humbly ask God to remove our deficiencies, we ought to be unpretentious and compliant. Anticipate only the best to unfold as God begins to work miracles in our lives. It is imperative that we fully trust that God will lead us to the peace that we seek. This will be an ongoing process that will harvest loads of rewards in our lives.***

*The imperfections of our past and present no longer have to tear us down. As we obediently follow in the direction that is shown to us, we will flourish, and gain the necessary knowledge to ascend above the blunders that haunted us. In order for Step 7 to reap its many rewards, it will be essential for us to do our part in the positive change development. Our Higher Power will fill us with positive motivation to continuously move forward in our recovery. We should courageously take a step determinedly forward, devoid of reservation or distrust, and follow in the direction that is shown to us. We learn to utilize the many Spiritual Principles accessible to us as we transform and mould into the beings we were destined to be. Positive change will be noticeable while undertaking Step 7, and you*

*will be guided and shown the way to the freedom that serenity produces.*

*As we rely and entrust our will to God, the restrictions and limitations that we possess will dissipate into oblivion. We will become proficient in replacing our shortcomings with Spiritual remedies, such as faith, acceptance, courage, vigilance, and staying power. While we preserve an unwavering and strong faith that our Higher Power will deliver us from the inadequacies of our past, we become filled with a newfound strength of character. We strive for greatness on our path, and we refuse to permit trepidation or weakness to restrain our personal growth, and spiritual advancement.*

*When we obtain self-discipline and open-mindedness during the*

*ongoing process of Step 7, we acquire awareness and understanding, and we begin to see a new, inspiring Light to guide our way. Our broken spirits become re-energized as the path is laid before us. Our defects of character become removed as time goes by. We become inspired to follow in the direction that God leads us. God makes us aware of our weaknesses and inadequacies, and begins to give us the tools we need to help prevail over them. The qualities that we had lacked for completeness become revealed. We acquire a new sense of purpose that motivates us toward uprightness.*

*As we abide by the Spiritual Principles of the 12 Step program, we become aware of the destructive and chaotic ways and behaviors of our past. Always*

*uphold a positive frame of mind, which will help us to continuously travel down the path of positive change, personal enrichment, and spiritual growth. We continue to follow by the suggestions of the program as we undergo this positive change process. Our Higher Power only wishes the best for us, and we should accept nothing less.*

*We should acknowledge and ask God to remove all of our character defects and deficiencies. The moral inventory from Step 4 is now set forth in humility, as we ask God to remove our shortcomings. After we have completed Step 6, we are now entirely ready for this unpretentious act. God will see our desire to abide in genuineness and completeness, and will therefore work His miracles in our lives. Our eyes will open to life's*

*wonders, and we will finally be capable of acquiring the fulfillment and serenity that we've been searching for. That never-ending, empty void that we tried to fill in our active addiction becomes overflowing with the new, loving influence of God in our lives.*

*Recovery is a lifelong process because no one obtains absolute faultlessness. So the process of Step 7 should be worked throughout our lives. When we become geared up to start Step 8, then we will know, and we'll commence a process of forgiveness that will heal our past wounds. At this point in our recovery, we are really headed in the direction of peace, fulfillment, spiritual enlightenment, and personal freedom. We can sit back and say, "Right on." We become appreciative to this proven*



*program, and for all the improvements that have occurred thus far in our recovery. Take pleasure in the countless rewards of working Step 7, and you will be extremely thankful that you did.*



## *Chapter 19: The Eighth Step*

*Step 8 of the program is the process of forgiveness that we desire from our guilt-ridden past. We now make every effort to heal past embarrassment, dishonor, and humiliation from the people in our lives. All the people that we have harmed or ill-treated in the past are now given an open invitation to provide us their forgiveness, or basic acknowledgement. In Step 8, we organize a list of all the people that we've harmed, and we equip ourselves to make direct amends, which occurs in Step 9.*

*For this Step to work suitably, we should not be unenthusiastic to include certain people in our list. It is stated clearly, to make a list of ALL the people that we've wronged. Writing the list shouldn't be*

*difficult, but the preparation for the willingness to make amends may take additional exertion. At this point in our recovery, we had admitted our wrongs, and furthermore, we humbly asked our Higher Power to remove those shortcomings. By now, it should be exceedingly apparent in our lives that the process of recovery has changed us into positive, motivated, faithful, hopeful, and spiritual people. We now do what's necessary to continue growing on our journey. We have learned to accept our disease of addiction, and became aware of the necessary measures that need to take place to ensure our persistent status of being clean and serene. Our spiritual and intellectual expansion has brought us a new sense of enlightenment, expectation, and inspiration to*

*continue on in our journey. Fear or disinclination to before long face the people that we've wronged shouldn't hold us back. We are positively changed, improved individuals that are now ready to rebuild our relationships, and make an effort to mend our past afflictions.*

*Recovery is the process of rebuilding all the things that we had lost in our active addiction. We started the 12 Steps of the 12 Step program totally focused and unwavering to do what was necessary to positively progress in our recovery. We in actuality needed time to work on ourselves, to remodel our moral makeup, to strengthen our character, and to eliminate the chaotic behaviors of our active addiction. We followed by the suggestions of the program, and we honestly, and thoroughly*

*undergone the revitalizing course of action. At this juncture in our recovery, while completing the first 7 Steps of the program, it is suggested that we make this list, and obtain the required willingness to complete Step 9. In this Step, we are in preparation of the amends that is soon to follow.*

*While making the list of all the people that we've wronged, we ought to make sure to utterly reflect on our lives to ensure a detailed list. A quiet and peaceful surrounding, with a lucid frame of mind will aid us to more easily complete our list. Keep reviewing the list to make sure that everyone is listed. Once that process is complete, it is now time to evaluate our thoughts on each individual, and then, I would advise that we write down next to their name all the things that need to be recalled*

*and admitted. A list of all the wrongs to each person will help us get geared up to make the direct amends. We need to acquire the tools necessary to humbly admit our faults, and see what can be done to restore the relationship, if sought-after. We review all of our dealings with each person and prepare ourselves to make amends, which is the next Step.*

*As we honestly and humbly work this Step, we acquire the traits we'll need to become willing to make the amends. Step 9 is the direct action procedure, so for now we prepare ourselves for the amend process to take place. A sincere and meticulous list will ensure a more victorious attainment in the 9<sup>th</sup> Step. This whole process will give us a newfound peace that will bring us happiness, hopeful expectancy,*

*tranquility, contentment, and a serenity that will set our spirits free. As we rebuild past disgrace, we are allowing the affliction to heal because it's out into the open, and we execute our part in the healing process.*

*Now in our recovery, we are better able to build strong, and affectionate relationships with our family and friends. We also get the opportunity to make amends to all the other people that had crossed our path. We obtain the willingness to courageously, and fearlessly move onward to continue advancing in our recovery. Balance and peace is created as a result of these Steps. We enter a new realm of life, and we start to envision the spiritual enlightenment that we've been striving for.*



*Through the process of Step 8, we are finally able to set in motion the amends process that will ultimately liberate us of past guilt, regret, indignity, embarrassment, dishonor, remorse, heartache, pain, misery, and all turmoil from the people in our lives. Like all the Steps, start this process in an honest manner, and know that in the end, a tremendous positive growth transformation will occur. Make sure to be willing to make all the amends before we begin Step 9 of the program. This is just another Step in this proven program that will bring us long-lasting harmony and personal escalation.*



## ***Chapter 20: The Ninth Step***

***After acquiring willingness to make the necessary amends from our list in Step 8 of the program, we are now prepared for the action Step. In Step 9, we make amends to all persons we had harmed, with the exception of injuring others or ourselves. The objective of this Step is to repair the damages of our past wrongs. It should be our intention to resolve the disturbances that we encounter. This act of restoration will eliminate our regretful feelings. The faults of our past are now brought to light for the healing process to take place. No longer does shame and dishonor have to inhibit our forward growth.***

*We should approach our amends with a confident and assured attitude because we deserve the many rewards to come. We ought to take our time while making our amends. We are on our way to a sense of “normality.” We become excited with our progress, and our conscience becomes cleansed of remorse and guilt.*

*We will experience various feelings as we start making amends. We may feel comfortable with some amends, and fearful of others. If we face our amends anticipating refusal or reprisal, then this experience won't be of benefit to us. We may be fearful, but it should always be our intention to be prepared for whatever outcome may result – fearlessly. A lot of our amends may never be totally completed;*

*however, we should strive with an attempt at complete restoration. With our relationships, we must exert vigor on a continual basis to better improve them; only then will many of our amends really have affect.*

*Many members in the Fellowship are not able to repair each and every one of our wrongs. We do have added support from our sponsors, from supporters of our recovery, and from the love of our Higher Power to safeguard us from potential ruinous fallouts. In actuality, we still grow through the course of action, and in the end, we become grateful that we made the amends. We always wear the shield that our Higher Power equips us with, in which we can make use of at any point in time during our amends process.*

*This act of making amends is one of humility, and it's rewarding for many reasons. We learn to act with love and respect in our relationships, and in dealings with other people. We become much less self-seeking in nature, and start to become attentive and care about other people's feelings. Our behavior is uncovering itself, giving us an added occasion to further reinforce our values and personality. We get to start working on our behaviors with other people, which give us an opportune time to reinforce our newfound sincerity, trustworthiness, and reliability. Good times begin to overshadow the downbeat occurrences of our past. Now we get the opportunity to work on ourselves, and also with family and friends, the Fellowship, and society as a whole. Stability is*

*therefore established in our lives. We are now obtaining the moral framework vital for a life of achievement and fulfillment.*

*Through making our amends, a great amount of spiritual growth shines forth. We start to view our circumstances and lives differently, while becoming aware of our wrongdoings. We admit our faults that bring us a lasting harmony. We become less self-absorbed. This Step has tremendous impact on our spiritual quest. We learn humbleness, and to be openly straightforward. We become released from the chains that confined us to our wrongs. Freedom results, and we have at last concluded another crucial aspect in our recovery.*

*The tools that we've gained while working the Steps have given us hope, strength, and the*

*knowledge necessary to live a blissful, thriving existence. Our entire moral filament has intensified into one of integrity and virtuous values. We can now live uninhibited by the failures and impurities of our past. A whole alteration of disposition has occurred. We've learned the key principles necessary to stay on the right track leading to personal advancement, positive change, enhanced alertness, and spiritual illumination.*

*I've personally learned through this Step working experience that once my mind becomes clarified, inspired, and optimistically ambitious, then I can bravely initiate the process of indisputable personal victory. By surrendering my will to the Divine Essence, I acquire might and courage – the vital ingredients to*



*reclaim self-confidence, sense of worth, and the motivating force needed to escalate beyond restricting horizons. I can now distinguish my true, unconstrained essence within; and by following my new inner voice, while seeking the strength of my Higher Power; I can lock onto true understanding, thereby becoming able to achieve success.*

*Through the process of Step 9, we release the binding agents that hinder true personal growth. We purge ourselves of further harmful elements that could restrict our advancement. We are on our way to a life bursting of endless opportunities, and we've acquired the fundamental skills needed to achieve victory in all aspects of our lives. We now utilize the Spiritual Principles that we've learned, while remaining confident*

*in their ability to assist us in our daily affairs. We become appreciative of all the awareness, strength, and knowledge that we've thus far attained while working the 12 Steps.*



## *Chapter 21: The Tenth Step*

*After making our amends in Step 9, we now move on to Step 10, in which we continue to take personal inventory, and when we are wrong, we admit our faults without delay. This particular Step should be practiced daily to ensure a steady course in our recovery. As we now live by the new Spiritual Principles that we've learned so far, we can be even more certain that the knowledge, strength, courage, faith, and hope can be utilized in our daily lives as we continue to move forward in our recovery. All the skills that we've learned thus far can help us to steady our minds eye toward the destination that we seek.*

*As we maintain a sharp, persistent focus on our goals,*

*desires, and ambitions, we start to prepare ourselves for the many rewards to come. We continue to work the program to better all aspects of our lives. As we employ this optimistic mindset, we start to notice negative traits of character that may still hinder our positive growth. During the process of Step 10, we become critics of our own character. The character flaws that still plague us are scrutinized, and we do our part in their removal. Humility is still a principle that we have to utilize, as we continue to take personal inventory. We've learned through the course of working the Steps that we must accept the things that we cannot change, and we use our newfound awareness, strength, and courage to change the things that we can.*

*As we continue to take personal inventory, we reflect on all the knowledge and wisdom that we've acquired through working the previous Steps. Every day becomes an adventure, as we strive to achieve the desires of our heart. Our new and true inner voice directs our every step on our march towards everlasting joy, peace of mind, and personal freedom. We come to realize that all of our experiences have led us to this point, and that we are precisely where we're supposed to be right now. Righteous living, integrity, honesty, and positive motivation become a way of life. We start to become more secure in our recovery, and we start to appreciate the foundation that we've built.*

*To continue traveling down the right path, it is suggested that we*

*not only continue to take personal inventory, but that we also promptly admit our wrongs. Our plate has been cleansed through working the first nine Steps, now we have to maintain and preserve our uprightness. In order to uphold our improved state of being, we must admit when we're wrong, and do our utmost to correct our character flaws, while we continue to abide by the suggestions of the program. We begin to become comfortable with ourselves, with our new way of life, and all of the tools that we've learned thus far on our journey. We've come to understand our disease of addiction, and we've learned how to rise above its deadly grips. We continue to live and to learn, to work the Steps, to go to meetings, to keep in touch with a sponsor, and to associate*

*with clean and sober people who are supportive of our recovery. As we continue to live upon this strong and secure foundation, we know that life waits with all its wonders. We no longer have to live in fear and regret. We've transformed into spiritual beings, which are ready and willing to achieve the desires that drive us forward. Imagination and vision expose a Light that's bursting of new and exciting adventures.*

*As we sail towards the horizon, we refuse to allow the winds of misery to knock us off our course. The picture of our destination is within our grasp. An ever-present Protector that ensures our safe and sound passage is guiding us. We can't go wrong, as we strive forward in our recovery.*

*To thoroughly work this Step, we begin to reflect on each day. We*



*get in touch with ourselves on a deeper level, as we start to recognize our inner workings. As we reflect on our day, we bring to mind our attitudes, feelings, thoughts, behaviors, actions, reactions, interactions with other people, our sense of self-confidence, and self-esteem, as we acknowledge the good and the bad through the course of the day. This is our personal inventory, and we especially need to make sure that we didn't wrong others, and if we did, then we need to admit our wrongdoings. This is Step 10, the action step that maintains and enhances our personal development. All the Spiritual Principles that we've learned can be put to use as we march onward in our recovery. Day after day, as we work this Step, we positively grow in the direction that we're led.*

*Our meaningful, serene existence becomes a way of life.*

*Today, after already completing the 12 Steps, I continue to work Step 10 on a daily basis to uphold my sharp focus, and to continue down the road to positive change, and spiritual growth. Day after day, I see the wonders of the program revealing itself. I was once an out-of-control addict, and now I'm free – enlightened to this new way of living. My fellow addicts and alcoholics, Step 11 and 12 is soon to come. Now let us thrive on, and enjoy this splendid way of life. Recovery is a continuous journey, one of growth, enlightenment, and positive motivation. We never forget to maintain our secure foundation, as we strive to do our best throughout each day.*



## *Chapter 22: The Eleventh Step*

*After applying the knowledge that we've gained from all the previous Steps, we are now ready and geared up to seek out our Higher Power's will for our lives. To work Step 11, we seek through prayer and meditation to strengthen our relationship with our Higher Power, and to live in accordance with His will for our lives. For this Step to be carried out, we have to strengthen our conscious contact with God through the two options available for us to utilize: Prayer and Meditation. By increasing our conscious contact with our Higher Power, we will acquire the essential knowledge necessary to carry out His will for our lives. By praying for knowledge and*

*guidance, our Higher Power will reveal to us the way we should go. We will acquire direction, ability, understanding, and strength through increased conscious contact.*

*Conscious contact means being aware, mindful, and awake to align ourselves with God, as we understand Him. We gain all-knowing knowledge and perception of the way to truth – our destined path to success, happiness, and peace of mind. To have conscious contact with God is to be alert with our inner essence. We gain awareness and attentiveness to our chosen path to freedom. We gain the familiarity and knowledge to live in accordance with God’s will for our lives. When we become aware of the Light of God’s love through prayer and meditation, we become at peace with ourselves,*

*our life's direction, and of our newfound life within. To experience conscious contact brings with it a great amount of healing elements that will give us the serenity that we seek. Our life's path becomes a positive, insightful, and joyous adventure.*

*Our Higher Power resides within, but we acquire the knowledge of His will from our inner being, and from without. Deep within us we find the serenity that we once thought was impossible to achieve. Our Higher Power has been with us from the start. He has been guiding us thus far through the Steps, and now our Higher Power desires for us to strengthen the conscious contact necessary to continue growing in our recovery, among many other things.*

*Through prayer, we seek God and find Him; and through meditation, we find His presence from within. Both prayer and meditation are the suggested tools to use to succeed with improving our conscious contact with God. Through prayer and meditation, we not only become aware of our Higher Power, but we also become alert to reality, to ourselves, and to others. Our overall attentiveness expands to enlighten us to the direction we should follow – God’s will for our lives. We experience peace, faith, love, tranquility, calmness, and a positive mindset that will lead us to the victory that we seek. Faith and acceptance reigns. Responsibility and accurate perception becomes a way of life. We become more aware of our strengths and weakness. We acquire the ability*

*to rise above the challenges we encounter on our quest for personal freedom. We achieve freedom in many areas of our lives, but the most important freedom that we gain, is freedom from active addiction – the freedom to never have to use again, even if we want to. We seek out God’s will for our lives, and we are led to victory. Persistence in recovery becomes a way of life, and we finally begin to enjoy and cherish all the marvelous wonders of this world.*

*Through the process of Step 11, we become in connection with truth from mind, body, and spirit. Total enlightenment transforms us into spiritual beings. This process is achieved through prayer and meditation. Through prayer, we communicate with our Higher Power, and we ask that His will be done, and also that He give us the*



*power, knowledge, and ability to carry it out. The answers will be revealed as He shows us the way. We've already learned through working the previous Steps that if we become reliant on ourselves, insanity will result, which will lead us to unmanageability and total chaos. Our Higher Power has Ultimate Knowledge, and as we tap into that source through improved conscious contact, we gain direction and life, as it should be. As we establish an improved relationship with our Higher Power, we become God-centered, less selfish and self-seeking, and we thrive in life, and in our recovery.*

*Obtaining conscious contact doesn't have to be a complicated issue. To achieve conscious contact, we become honest and open, we pray and meditate, and*

*we not only love ourselves, but we show love to others. Remember, it is suggested that we keep it simple. It can be difficult and vague to distinguish God's will for our lives. Knowing this, we remember the fact that our Higher Power only wants the best for our lives. In life, we are given free will, so it's up to each of us to decide if we want to travel along the right path. If we live in disobedience, then obtaining the knowledge of God's will is impossible.*

*Why is God's will so vague sometimes? Well, God's will is life and truth, and He tends to show us the direction through steps. We show our obedience to Him by succeeding with the small tests that are always given to us. We comply with, and respect the knowledge that is given to us. We then will be led to great triumph. We recognize*

*God's will for our lives by His voice from within, by the events in our lives, and by the experiences of others who succeed.*

*By living with conscious contact, it is imperative that we take it one day at a time, and one step at a time. To achieve the fourth step on our journey, we have to take the first three steps in faith and obedience. And as we follow the suggestions of the program, we take the 12 Steps one Step at a time, and then we're led to victory. The more we are obedient to God's will, to the direction that is shown to us, then the more we'll accomplish on our path. To be disobedient to God's will is to reject life. Doing so will derail us to disaster.*

*To succeed and grow in our recovery, we choose to abide by the direction that is shown to us. If we*

*love God by choice, then our Higher Power will show love and guidance in return. If we set our priorities to live in accordance with God's will, we are shown the Light of love, and the course to freedom. So, in summary, to achieve God's will for our lives, we stay accepting and obedient to the path revealed before us, as we continue to seek through prayer and meditation the knowledge of His will. In due course, the Light is shown to us. Its brilliant radiance will show us the way to victory in our recovery. After strengthening our conscious contact with God, and seeking out the knowledge to live in accordance with His will, we are ready to continue on to the last Step of the 12 Step program.*



## *Chapter 23: The Twelfth Step*

*After completing the first 11 Steps, we are now ready to begin the last and final Step of the 12 Step program. By this time in our recovery, we have acquired a spiritual awakening from working all of the previous Steps. Now it is asked of us to spread the message of experience, strength, and hope to our fellow addicts and alcoholics, as we continue to practice the principles that we've learned on our journey of recovery. We persist on, knowing that as we abide by the principles of the program, we will acquire even more strength, growth, and personal freedom. We are now equipped with all the tools necessary to face life on life's*

*terms, expecting only the best to unfold in our daily lives.*

*We have learned and lived the importance of applying the spiritual principles of the program. We have now become aware that as we continue moving forward in hope and faith that good will prevail, then we will succeed on our journey. An immense amount of opportunities are available to us, as we strive to achieve only greatness on our path. We move forward, never again to look back at our past failures. We have become secure with ourselves, with our lives, and with our sure course to victory. Now it's time for us to share with our fellow addicts all of the strength and awareness that we've gained on our path. From us sharing the message of experience, strength, and hope, our fellow addicts will*

*gain the opportunity to succeed on their own journey. As we spread the message, the still suffering addict will gain the necessary tools to overcome the difficulties and challenges that they encounter. We now have the opportunity to give back what was so freely given to us. We get to give other addicts all the unconditional love that we personally thrived on in our own journey. Not only will we gain a higher sense of self-esteem, but we'll also be extremely blessed in the process. Our old ways of a self-seeking nature transforms into one of love, and caring and sharing. We will continue to grow even that much more in our recovery. A new life of caring and love will enlighten us to a new realm of the wonders of this marvelous existence.*



*As addicts and alcoholics continue to help each other in their recovery, nothing becomes impossible, and the many miracles of the program thrive to a greater extent. Personally, after I completed the 12 Steps, while working an active 12<sup>th</sup> Step, the growth process really took hold like never before. Not only was I helping others in their recovery, but I was also helping myself in the process. I consistently had to bring to mind all the spiritual principles that I've learned on my journey to be able to share it with the still suffering addict. People came to rely on me to support them in their recovery, and that is truly a great feeling. I started to give back to this awesome Fellowship, and an enormous feeling of strength and security filled my spirit. I came alive like never before. And it is*

*now my total devotion to share all of the experience, strength, and hope that I've gained to help others to reach the enlightenment that I've acquired on my path. I've been shown a new Light that I now thrive on in my recovery. Working an active 12<sup>th</sup> Step has many, many benefits, to not only to the person, but also to all the people that we help. Our life has new meaning and importance, and it gives us a feeling that is completely indescribable. We have to personally experience it to come to achieve its many rewards. And, believe me, it will be a life-changing experience to all.*

*There are many ways for us to spread the message of hope to other addicts. When we become secure in our own recovery from working the previous Steps, a very good way to give back to the*

*program is to become a sponsor. A sponsor in the 12 Step program passes on all the knowledge, strength, understanding, and awareness that they've acquired to help their sponsee on their journey. A sponsor will assist them and support them on their path. Sponsors provide comfort, security, care, suggestions, personal experience, guidance, support, and we listen to them as they share about their personal challenges and difficulties, both the good and the bad ones. We encourage them and give them confidence and strength to assist them in overcoming the challenges they encounter. Sponsors help them work the 12 Steps, give them assignments, take them to meetings, etc.... We are there for them in every way, and make sure for them to know that important fact.*

*Another great way to spread the message is to share and open up at meetings. As we share at the meetings about our experience, strength, and hope, we gain the opportunity for other addicts and alcoholics to realize that they too can achieve victory in their own recovery. Sharing is a great tool for other addicts in the program. We become totally honest and open about our experience, so other addicts can become aware of the tools that they can use to overcome their challenges. Newcomers see our current state, and come to realize that they can reach a new level of success as well. We take extra time with other addicts, and show love and comfort them on their journey. It is truly a great and uplifting experience. Nothing compares to living life with love and respect for others. The 12 Step*

*program has survived this long as a proven course of recovery because of all the hard work and time that we all put into it. What could be better than saving peoples lives? I know that if it wasn't for the great 12 Step Fellowship, then I'd probably be dead, withering away into oblivion. For that, I am forever thankful to the 12 Step Fellowship. Thank you for allowing me to be of service, and it has been an uplifting and fruitful adventure. You too, can achieve this great feeling by working an active 12<sup>th</sup> Step to spread the message of experience, strength, and hope to other addicts in the program. Take care, and good luck on your journey.*



## ***Chapter 24: Spiritual Principles in Action***

***A Spiritual Principle is a fundamental truth, an origin from which positive change can occur. Within the 12 Steps are Spiritual Principles that can be used to enhance us in recovery. To the newcomer, awareness, honesty, acceptance, and surrender are the underlying principles that must be adopted to successfully complete the 1<sup>st</sup> Step. By applying the Spiritual Principles available in the 12 Step program, we will have an array of guidelines to adhere to that will transform our standard of living.***

***Some of the significant Spiritual Principles include: honesty, acceptance, hope, commitment, faith, courage,***

*willingness, humility, unconditional love, perseverance, open-mindedness, awareness, vigilance, self-discipline, sharing and caring, and service. Those are the basic principles from which we receive our strength and courage to move onward in our quest for spiritual enlightenment, personal fulfillment and positive growth. As we incorporate these principles into our daily lives, we gain awareness and become open-minded towards all values and virtues that free us from our addictive patterns and selfishness.*

*When we arrived, we heard it said, “We never have to use again, even if we want to.” The first step towards sobriety was admitting our powerlessness over drugs and alcohol. We surrendered our will over to the Fellowship, who then began to love us until we could love*



*ourselves. We recognized our need for help, and were offered guidelines to remain secure in our sobriety. Continuing on, we became aware of our Higher Power who could restore us to sanity. We relinquished our lives and our will over to the care of God, as we understood Him. At this moment, the Spiritual Principles can take hold, and guide us in the direction we should go. We can now overcome our fears, letting go and allowing God to take over to assist us in our recovery. Believing in God has now become our shield against the destructive forces of active addiction. We regain hope in our lives. We notice these Spiritual Principles working in other peoples' lives. We continue hearing that it works. Now we have made a commitment for positive change to transpire in our recovery.*

***Recognition of spiritual enlightenment motivated us, driving us towards applying these suggestions in our lives.***

***Through our literature we learned HOW it works: Honesty, open-mindedness, and willingness. As we become centered in God – releasing old patterns of selfishness, ego, and false pride – we gradually start changing into the men and women we desire to be. We surrender our will, and accept the clarification that God brings birth to. We become tolerant over things that we cannot change. We strive to live in accordance with our Spiritual Principles. As we trust in God, while being responsible, loving and courageous in our daily lives, we grow along spiritual lines. We envision a more intense picture in life, and we become grateful addicts.***

*A Spiritual Principle that is important in recovery is humility. We have learned to let go of old behaviors and thoughts that prevent our forward progression. We develop into spiritual beings that are free from pride and arrogance. We seek out new ways of existing that enables us to experience miraculous achievement that were not a part of our addiction. We begin to learn the true meaning of love, forgiveness, and rigorous honesty. We soon discover that the swiftest way to obtain love is to give it. We learn to forgive ourselves, and others for all harm done in the past. We become totally honest in all our affairs. We focus on our path, willing to go to any length to achieve our goals, hopes, and dreams.*

*Courage in recovery is a vital virtue that can bring about success, understanding and inspiration. Courage establishes the possibility of better improving our reality; it clears a passage to explore new horizons, to stand up for those things in which we wish to achieve. It's the ability to achieve greatness in our lives. When we take a step resolutely forward, we are granted the strength and wisdom necessary to execute our wishes. We triumph over frustration, and rise above our perceived limitations. We expand our awareness, and acquire a fresh perspective – assured that God will lead the way. We gain a better understanding of purpose and direction, unafraid to move forward with a heightened sense of significance and self-consciousness. It is essential that we believe in ourselves, and never*

*lose faith in our ability to accomplish our goals, while maintaining confidence and persistence.*

*As we courageously strive to achieve greatness in our lives, we realize that if we pursue our inner source of strength we can unearth the energy power of our spirit and then nothing is impossible. We are the architects of our fate, and by living one day at a time we gain experience, strength and hope to face life on life's terms, to accept the things we cannot change, and the courage to confront the ultimate reality of life. Changing is a process that starts with the mind, then enters the soul, and comes forth through our decisions. We decide who we are and what we want. We define our current reality. We choose to decide how we feel, how we act, how we think,*

*how we respond, what road to travel, who to call our friends, what goals to set, and how to allocate the circumstances that come our way. Are you attempting to be someone you're not? Have you been displaying a disguise that conceals your true self? Courageously step forth, while embracing the Spiritual Principles of the 12 Steps to ensure your positive growth and ongoing sobriety.*

*Coming to the Fellowship of the 12 Step program has enlivened security and hope for a new way of life. We absorb the wisdom we need to remain untainted through one more crack of dawn. We are told that via the Steps, we can grab a hold of freedom from active addiction. We employ the Spiritual Principles to our objective, while we permit their influence to*

*operate in us, modifying us for the better, molding us into spiritual beings capable of achieving the desires of our hearts. When we maintain balance in our lives (the outer world and inner world), we travel steadily on the road towards our purpose. Living a life of purpose, especially while in recovery, will expand our awareness, and we will rise above our limitations. When we are in connection with our purpose, we become full-fledged and at peace with our contributions and victories. Whether the path is easy, or awash with obstructions along the way, our Higher Power will steer our path, displaying the way, the truth, and the life. We are willing and able to transcend all challenges that may hinder our forward progress. Keep in mind that it is said, “Half measures*

*availed us nothing, furthermore, it is said, “Progress, not perfection.”*

*Through a period of time, after applying the Spiritual Principles, we gain an advanced perspective, and at this time we can ascend to a new pinnacle on our voyage. We have become enlightened to ourselves, our spirituality, our capacities, and of the importance of utilizing the 12 Steps, and the Spiritual Principles associated with them. We can focus on taking ACTION in our daily walk. Actions are: Any Change Toward Improving One’s Nature. And we must never forget the ABC’s of recovery: Acceptance, Belief, and Change. A very imperative Spiritual Principle during our rebirth is our willingness to change. We see the fruits of growth in our fellow addicts. We become hopeful in our ability “...to*



*grow along spiritual lines,” as it is said. We become inspired to embrace the virtues that we aim for and admire. As we become optimistic, we receive a burst of hopeful expectancy. Once we acquire the willingness and courage to adjust, we receive from God the energy and the competence and potential that it takes to achieve the task. We come to realize that positive thinking, hope, and faith are the necessary requirements to accelerate in our recovery.*

*Personally, I am the kind of addict that always tried to analyze how it works, and who tried to uncover deeper meanings of our guidelines. During my addiction, I always tried to fill the bottomless void inside of me. I never felt fulfilled, or at peace with myself. I lived a worthless existence that*

*evolved around my selfish transgressions. Through the course of my recovery, I've had the privilege to grasp serenity, purpose, worth, peace, love, and meaning to my human experience. The harmony that I clutched was the grace of God, the love of the Fellowship, and the bliss that was created from the awakening of my spirit. I devoted my life's endeavors to profit from understanding, and to the ensuing process of purification. I absorbed the critical magnitude of open-mindedness, love, humility and faith. As I welcomed the spiritual awareness of the connection between existence, and me, I matured into a spiritual being committed to living amidst the power, strength and inspiration that God has provided me. A whole new outlook of myself, my*

*surroundings, my spiritual existence, and my persistence has replenished that void that I was searching to satisfy in my addiction. The serenity that has poured over me is the vitality that points me in the right direction.*

*I am still astonished to this day how straightforward this program really is. I have learned through experience that by abiding in the Spiritual Principles of the 12 Step program, I can stay set free from active addiction, selfishness, doubt, fear, false pride, insanity, irresponsibility, chaos, anger, frustration, failure, discontent, weakness, negative thinking, and, most of all, hopelessness.*

*Here's an action plan that I would suggest on your journey in recovery: First of all, be honest with yourself, your addiction, your character defects and*

*shortcomings. Accept your powerlessness over your addiction. Trust and believe that a Power greater than yourself can set you free from the chaos and despair of active addiction, and extract you from the plunder of hopelessness and insanity. Surrender to God, who I call my Higher Power, and allow Him to guide your way, and show you the route, the truth, and the luminosity of the emergence of your essence. Live in hopeful expectancy, and by no means give up the new initiative and tranquility that you have integrated into your recuperation through the grace of God. Hope for only the best, while surmounting all difficulties ahead, believing that nothing is unattainable under the hand of God. Acquire a strong, solid, lasting faith in God, and in your*

*aptitude to cobble together sound decisions to breath positive change in your recovery. Faith believes in the unknown, trusting that God will put aside your perceived limitations, and allow you to accomplish your goals. Faith is knowing that if you continue to be responsible in your journey, and to never admit defeat, that God will mold you, and arise in you the power, courage and strength necessary to possess the desires of your heart.*

*After already achieving success by abiding within the above Spiritual Principles, we can now tread upon the stairwell that will blaze a trail to a peace and serenity that we have never before experienced; freedom from active addiction, from pride, from fear, and from self-doubt. Now it is time to don the armor of God, our*

*Divine Essence, our Everlasting Strength, and utilize its shield in all our endeavors. Within us is an everlasting supply of strength to battle all the difficulties ahead, and to rise above life's chaos and destruction. The power within us is now the Light that guides our way. Not only are we fitted with the necessary tools for success - we are now new, enlightened people who are no longer frightened to pursue our purpose. Courage is a powerful Spiritual Principle in our Fellowship. With it there are infinite opportunities.*

*After adopting these principles, we are now on our way to understanding forgiveness. As we give up resentments and make amends for our past, we discover and live within humility. We come to forgive ourselves for our former blunder, and most importantly, we*

*make available the opportunity for people to forgive us. Forgiveness is a healing reconciliation that puts behind us our past faults, former behaviors, attitudes, selfishness, destructiveness, failures, hate, anger, and lack of self-control because of our addiction. As our family, friends, acquaintances, and victims forgive our mistakes, we start to feel the lack of love and personal attachment that we lost in our addiction. We can then start the ball rolling and devote ourselves to building healthy, loving relationships. We have the opportunity now to make up for wasted time, and to build trust and respect. We have learned through experience that actions speak louder than words, so we presently show everyone our newfound determination and strength*

*provided to us through the Fellowship of the 12 Step program.*

*When I worked the 9<sup>th</sup> Step, I learned a vast amount of knowledge. As I embarked upon the undertaking of this step, I had to exhibit and continue enduring the integrity that I'd gained through applying the Spiritual Principles of our plan of action. I had to be honest with my actions, my past mistakes, and myself in order to uphold my integrity. I had to be completely honest and straightforward with the individual I was making amends with. I sensed that I had to reveal the new me, to describe how I felt, and how I've grown through my recovery process. True feelings were exchanged and I felt a wave of relief, love and compassion flood over me. Bringing out the wreckage of my past brought me*



*the peace that I needed. Each time I made amends, I grew in my recovery, and I took a step resolutely forward in my search for personal fulfillment, inner security, and spiritual growth.*

*As I finished making amends, putting my past behind me, I profited from self-esteem, self-respect, and contentment. I told myself that my journey would never come to an end. My new goal was to live in excellence, to grow spiritually and mentally, and to expand upon all of the new values that I've engrained into the depths of my spirit. I've become conscious of the fact that as I persevere, I continually grow and mature in my daily walk. My perimeters of development have become endless due to my devotion to abide amidst the Spiritual Principles of the 12 Steps, and to live the 12 Step way of*

*life in utmost adoration. I must always remain teachable so I can attain unremitting growth and to never stray from the drive and hope that transported me to this point.*

*Today, as I work the 12<sup>th</sup> Step, I am astonished at the amount of love that I feel from my unwavering devotion to service. Spreading the awareness and knowledge that I've acquired is an awesome encounter that I will in no way give up. I am honored to give back what was so spontaneously given to me. I've heard it said many times that those of us who have service commitments are 90% likely to stay clean and sober. And those of us in the Fellowship that stray away from getting a service commitment are only 40% probable to remain clean and sober. The benefits and rewards in being of service are*

*phenomenal. Displaying brotherly love in the unity of our Fellowship soothes my soul, and helps me to feel better in knowing that I contributed to the welfare of our affiliation. Giving back what was so freely given to me constituted a huge impact in my recovery. I am so grateful to have the opportunity to reveal my experience, strength, and hope.*

*After having a spiritual awakening as a result of working the 12 Steps, and applying the Spiritual Principles associated with them, I have encountered a pristine, exciting, and rewarding life. Today, I am indebted to all the little events that participated in lifting my spirits, and bringing me to the prominent state of peace, serenity and personal freedom. Today, I can be thankful of the rising sun, and all the beauty that*

*surrounds me. I can observe all the good in people without judging them right from the get-go. I can feel at peace with myself, with my current reality, and state of mind. Today, I am able to unwind and clear my mind as I meditate and reflect upon all the splendid occurrences in my life. I no longer have to bear with the baggage of my past. No longer does fear and hopelessness cloud my vision. I am not held back by absence of courage and strength. I have the tools necessary to not be deterred by obstructions along the way. I no longer have to analyze how the 12 Steps work because I'm presently knowledgeable from experience that it is simple, and the program has generated extreme progression in the time that I've been involved within it.*

*The Fellowship of the 12 Step program has become my family. Never before have I found a group of friends that welcomed me with no strings attached. The unity that we parcel out assists each of us to stay clean one more day. The Fellowship loved me until I could learn to love myself. Because of this, it has become my goal to be a loyal beneficiary, and to contribute to this program to the best of my capacity.*

*With confidence, I stride into each new day with the intentions to live fully in the moment, and to utilize the Spiritual Principles to continue growing in my daily walk. Daily, I must maintain conscious contact with God in order to completely live in His will for me. I live a humble lifestyle that brings me serenity and peace of mind. Happiness is one of the fruits of*

*the spirit that I have found on my journey in recovery. I can't stress enough the advantages of bestowing kindness, generosity, love, care, support, and service. My past self-centeredness has evolved into God-centeredness, which then initiated a conversion from fear to trust, from shame to gratitude, from frustration to acceptance, from deceitfulness to honesty, from weakness to courage, from powerlessness to control and strength, from hate to love, from sadness to happiness, from chaos to serenity, and from failure to success. These virtues carry me through each day in serenity. Darkness now dissipates from the Light that guides my way. This Light is a soothing presence that is continually with me as I maintain conscious contact with my Higher Power, and as I pray*

*for the knowledge of His Will for me, and the power to carry it out.*

*Numerous advantages have come my way as I truthfully work this program. I have an extra-heightened sense of strength and courage than no time before. I have an improved presence of self-esteem. I now feel comfortable with myself. I have gained self-acceptance. I can now rise above life's gloominess and anguish. I have a totally new outlook towards life, my involvement therein, and for my ability to understand the spiritual realm, and life in physicality. I can now feel confident in my competence to make good decisions, and the power to carry them out. I would have to write a book to describe the growth process that I have undergone. All of this has been made possible by following the*

*simple guidelines of the 12 Step program.*

*In closing, let me list once again the Spiritual Principles of the 12 Steps:*

*Honesty*

*Acceptance*

*Surrender*

*Hope*

*Commitment*

*Faith*

*Courage*

*Willingness*

*Humility*

*Unconditional  
love*

*Perseverance*

*Open-  
mindedness*



***God-  
Centeredness  
Awareness  
Vigilance  
Self-discipline  
Sharing  
And caring  
Patience  
Forgiveness  
Optimism  
Selflessness  
Compassion  
Consideration  
Kindness  
Positive thinking  
Responsibility  
Tolerance  
Trust  
Unity***

## *Gratitude Service*

*I'm sure there are countless more Spiritual Principles implicated within this program, but the above-mentioned, in my eyes, are the most crucial in achieving greatness in your recovery. I must also make known that the 12 Step program is a spiritual program, not a religious program. Personally, my Higher Power is God; however, agnostics, atheists, Buddhists, Muslims, Hindus, or whatever you may choose to be your Higher Power is welcome in our Fellowship. May the practice of these Spiritual Principles bring strength, courage, hope, and happiness to your recovery. It does work, and remember, "Easy does it."*



## ***Chapter 25: Persistence in Recovery***

***Persistence in recovery is the key to continuous achievements. For us to exhibit persistence on our road to recovery we should hold resolutely and consistently to our objective or undertaking regardless of any obstacles that possibly will stand in our line of attack. We should constantly be encouraged, affirmative, and anticipate only the best to unfold as we reside within the integrity developed through our thorough loyalty to remain clean and sober. We should on no account give up on the progression of repetitive escalation in our recovery.***

***When we live life on life's requisites, and when hardship arises, it should be our incentive to***

*stand up and embark upon problems with audacity, and the strength that we've established in the course of our journey. We should retain our perspective, evaluate all possibilities, and observe our choices all the way through. For us to uphold our firmness and staying power, we must by no means have excessive pride that we can't request assistance in times of adversity. And if a situation arises that we can not handle, or don't recognize the answer to, then we should never fail to bear in mind that we should Let Go and Let God take over and carry us through the obscurity we stumble upon. The Fellowship will offer us the support, reassurance, guidance, and the 12 Steps that are crucial to remain persistent in our recovery. To be persistent is to be merciless*

*towards our goals, while always striving to reach our potential.*

*To attain victory, it is essential that we uphold a sharp, relentless focus on our goal. Being complete and bursting of goodness while straying from mayhem, deceit, arrogance, self-indulgence, egotistical desires, resentment, and edginess will result in the execution of our ambitions. Absorbing all awareness, helpful criticism, counsel, suggestions, virtuous motivations, while always considering the genuineness from our voice within will ensure our safe and sound means of access along the road to recovery. In times of nervous tension, fortitude holds us steadfast in the grips of doubt. Whatever the circumstance, by sustaining calm endurance, we stay tolerant and sympathetic. We persist in our endeavors with*

*resilience, while persevering through the challenges we face.*

*As we evolve and proceed in our recovery through persistent endurance, we take on new responsibilities, new beliefs and thoughts, and we're in the process of restructuring our makeup for the better. As we mature and step onward in our recovery, our conscience is our guide to precision, to differentiate right from wrong, to convict us of wrongdoing, to divulge defects of character, and it helps us to relocate towards its harmony and positive intent. We should therefore strive to shadow our uprightness as it uncovers itself in the course of our daily tasks. Disobedience is in itself harsh in nature. If it is our objective to move onward and positively grow, then we should be compliant*

*towards our conscience, toward Spiritual Principles, and to the 12 Step way of life.*

*Caring for others is a favorable way to retain our diligence, and to remain unwavering in our quest for personal growth, and spiritual maturity. Providing assistance, words of advice, and support to friends, family, and our Fellowship is important in developing a well-built, strong-minded personality. As we reach out to others in times of privation, oftentimes we will gain strength in our personal spirit, and others will see our new, compassionate hearts and concern for others. When we become attentive of our fellow members struggling or searching for guidance and support, it would be only right for us to give back to the Fellowship and offer words of strength, hope, and*



*encouragement. Contributing assistance and showing concern strengthens our growth and builds upon the structure that is mounting on top of our rock-solid and secure foundation.*

*Pursuing the positive motivations of our conscience, maintaining a strong determination to abide in truth, caring for others, enduring the trials we meet, abiding in patience and faith that good will prevail are just a few of the things that will guarantee our ongoing persistence in our recovery. Working the 12 Steps, while keeping a positive mind-set, gaining knowledge, and enhancing our hopeful, expectant and faithful mental state is also imperative in our progressive growth. When confronted with challenges or difficulties, examine all facets of the assessment watchfully to*

*ensure an action of triumph. Pursuing our deepest desires brings with it the good judgment of God to assist us in surmounting life's obstacles. I've heard it said over the course of my recovery "Knowing that God will make things right brings us confidence and hope in the midst of a confusing world." It is not necessary to exemplify our faith by artificial rules or regulations. Our attentiveness should be focused upon a strong and confident mindset towards God, and God's Will for us. As we Let Go and Let God direct our paths, He strengthens us, moulds us, and guides our way to carry out His Will. Displaying acts of faith in our daily endeavors brings to us encouragement, hope, and assurance that we will remain persistent on our journey.*

*Our willpower and perseverance should bring us long-lasting bliss because we know that we are determined to gain knowledge and strength. Being persistent toward achieving our goals in recovery will ensure our success, growth, ripeness, and the spiritual arousing that we seek. Let us experience and enjoy life's challenges and wonders. Let's live to our fullest potential. Let's achieve greatness in all that we do. And, most importantly, let's display and reveal our new and true character, all the love that has been integrated with our spirits. Finally, let's show love, care, concern, support, and interest to those who need it. Being driven by love should be our target as we live and abide by our immensely enhanced existence. Persistence is its own prize.*



## Chapter 26: A Spiritual Awakening

*We are now on our road to success. We've learned the principles from working the 12 Steps. We have now become enlightened to a new way of life. Our spirit has become awakened to the truth – life as it was meant to be. In closing, I would like to summarize the basic principles that we've learned that has led to our Spiritual Awakening from applying the 12 Steps to Freedom. Now it is time for us to utilize all of the tools that we've learned to ensure our lasting success and spiritual development. An important part of our new spiritual walk is using visualization, mental imagery, concentration, positive thought, self-discipline, motivation, strength*

*of mind, Divine Enlightenment, and our new peace from within. True peace and serenity lie just ahead. We have come to realize on our journey that as we persistently move forward, we will achieve success and personal victory.*

*Visualization is an important tool in our recovery. Mental imagery is conducted on a daily basis. We visualize our life and make plans that are consistent with the visions that revolve around our minds. Visualizations produce motivation, spirit, drive, and desire. We plan according to the mental images that shine forth. Our mental imagery directs our ambitions to come to light. It is from our visualizations that our state of mind is shaped. It affects our opinion and point of view. As we visualize something, we establish the decisions necessary*

*to act upon its success. If we learn to concentrate intently upon our inspiring mental imagery with faith, motivation, and a strong desire of want, then we can set in motion positive actions that can bring about positive change in our recovery. Inspired visualization has enormous influence to generate flourishing measures. Through these positive mental images, our life is formed. It is up to us if we want to use positive visualization as an encouraging force to bring about vast change in our lives. Imaginative visualization is a great instrument to possess in our intensification course of action, and throughout our recovery.*

*As we begin to visualize a successful and positive lifestyle, we become more capable to make use of the motivating tools that we've*

*learned thus far in our recovery to overcome and triumph the state of affairs we stumble upon. If we can transcend perceived boundaries, we can utilize our minds to achieve success, and to rise above prospective enslaving factors that could restrain our further growth. We visualize success, peace, happiness, contentment, and personal freedom as we continue to move forward in our recovery. Negative thoughts and attitudes will only hamper growth, and engulf us in reservation and despair. Through our minds we prevail over the difficulties we face. We have the ability to enliven our inner being to craft an optimistic providence for our lives. The awareness of our inner selves gives us the Light that we need to distinguish the path ahead – the path to Victory. We only fill our*



*minds with flourishing, ambitious thoughts and creative intellectual images. We focus our minds on success, and the path is therefore revealed, and we are led to triumph. We become entirely certain of the victory ahead, and we tolerate no unenthusiastic thought patterns or trepidation to intrude. We employ all the tools of the program, and through positive, ingenious visualization, we achieve the vision we hunt for.*

*We persist to develop a certain and self-assured will power and strong frame of mind that will provide us the strength and capability to continue emergent, and moving purposefully forward on our journey. Through our new and superior will power, we gain the knack to overcome weakness, uncertainty, procrastination and downbeat thoughts. A confident*

*and strong fortitude will allow us to persevere in our recovery. A strong outlook will guarantee our success and positive expansion.*

*Another great tool that we can make the most of in our recovery is self-discipline. Self-discipline produces strength, power, and ability to escalate BEYOND the challenges we face. By applying an unwavering self-discipline, we can resist the difficulties ahead on our path. Immediate gratification is replaced with a greater capacity for future success. We are not driven by insignificant satisfaction, but instead, we become focused on the greater possibilities that lie ahead. We no longer have to be slaves to instantaneous pleasure like we were in our active addiction. Now we become enlivened with power and self-discipline, as we focus our*

*energies toward success. As we gain control of our will power and inner drive, we regain control of our thoughts, and subsequently, our actions, which will thereby lead us to victory. We take control of our minds, and gain a sense of control, and a new freedom like never before. Situations in our lives no longer have to restrict our forward progress. By obtaining will power and self-discipline, we become more open to spiritual enlightenment, personal growth, and inner harmony.*

*To attain attentiveness, we focus our minds to a specific point. We eliminate astringent thoughts and attitudes that deter our sharp focus on the path ahead. Clarification of our minds produces an inner peace that will assist us in our positive development. We become attentive*

*of our inner alertness. We isolate all of our inhibiting constrictions. We do our best to develop a strong, confident, and faithful mindset, in which we then use to battle the perils at the forefront. With lucid and alert minds, we take a step definitely forward on our journey, never again to glance back. We concentrate our clear minds on the objective we seek, and we anticipate only the unsurpassed to unfold in our daily lives.*

*When we clear our minds, the stumbling stones ahead are lifted from our path. We meditate on righteousness, on our sure route to achievement and triumph. We develop a strong and secure moral fiber as we march onward. As we seek for the acquaintance of God from our inner Essence, our Higher Power manifests as our*

*inner guide to personal achievement.*

*As we continue to move ahead on our journey, we learn to use a creative imagination to produce even more success in our recovery. Imagination allows us to experience new, and different possibilities that can further boost our progressive advancement. We visualize innovative ideas and thoughts, and set goals according to the visions we seek. We focus on our new, mental images and imaginations to unlock our minds to even more positive wonders and possibilities ahead. We step forward in hopeful expectation. We explore our minds to achieve success, to rise above alleged limitations.*

*In our recovery, we explore positive occurrences that can be achieved in our daily lives. We*

*motivate our attentive minds to step forward, and to only succeed in our recovery. We utilize creative imagination to enhance our creative abilities, and to reinvent the direction of our lives. Through our creative mental images, we create a new direction to further explore the wonders ahead. We come to comprehend that we can achieve the desires of our heart by affirmative action, and through a strong, and prevailing mindset. When we visualize with faith, our imaginations come alive into veracity. We uphold a positive attitude, and expect only the best as we seek to enhance our lives. We pursue the positive motivations of our imaginations, and we draw their energies to drive us forward, and to achieve their victory.*

*To attain a lasting success, we use our new and improved mental*

*strength, will power, and focused mental concentration to amplify our inner expansion. We utilize our self-discipline to achieve our positive motivations. We push on in assurance; and we come to learn that what the mind can conceive and believe, it can achieve. Our inner strength, our unrelenting focus, and devoted drive are the abilities essential to achieve our goals. We resist instant gratification as we move onward in anticipation of a lasting success. We strive towards meaningful tasks that will launch us towards the quietude and tranquility of mind that we seek. We become motivated to obtain not only success in our recovery, but also bliss and personal victory. We stay focused on our true path towards the attainment of our goals. We know and trust the power and*

*ability of our Higher Power to lead us towards the desires of our hearts. We no longer have to be preoccupied with the failures of our past. Devoid of regret and reservation, we focus our energies on the path ahead, never to look back, and always to push ahead in confident expectancy.*

*We learn to concentrate and meditate on the wonders of this world – all the possibilities that lie ahead that are now open to us. Happiness manifests to be the foundation of our inner drive. Peace of mind and serenity take the helm, leading us to victory. We come to utilize our creative powers to generate further positive change in our recovery.*

*Continuous positive thinking can further enhance all of the qualities we have gained so far in our recovery. Positive thinking is*



*anticipating, speaking and envisioning with conviction what we desire to accomplish, as an adept actuality and genuineness. We use our positive thinking to create positive attitude that will produce will power, initiative, drive and endurance. We use our positive thoughts in unity with positive desire and optimistic action. We become confident in our pristine abilities to succeed in our endeavors, and to bring about our inner happiness. We clear our thoughts, and with positive action we move onward. We become energized with positive motivation. Unmanageability of our active addiction transforms into inner control and know-how to achieve success over and over again. We recapture a sense of control, and are led towards victory. We change our thoughts, thereby*

*changing our direction. We utilize the Spiritual Principles of the 12 Step program to attain our goals, and to continuously move ahead on our journey towards triumph and personal freedom.*

*Peace of mind now becomes our ultimate destination. When we relinquish our fears and doubts, we become at peace. Peace of mind is a state from within that is free from external settings. Peace of mind is formed from our thoughts and feelings. We come to learn the value that it provides us, and then we make every effort for its attainment within us. If we become subjugated by astringent thoughts, then obtaining peace of mind is unattainable. We have to adjust our thoughts in the direction of obtaining an unruffled lifestyle. We become aware of the Spiritual Principles, and we put them to use*

*in our lives to achieve the peace of mind that we strive for. We overpower corrupting thoughts, and we become aware of the possibilities ahead as we put our all into the attainment of a peaceful, and enriching existence. As we become aware of our destructive thought patterns, we rise above their ruinous consequences. We use our strength of mind and newfound self-discipline to rise above restrictive, inhibiting thought patterns. We believe and have faith that as we continue to strive forward in our recovery, we will achieve peace of mind, and liberate the confines of our past self-inflicted prisons. We learn to eradicate destructive thoughts and attitudes, as we concentrate on obtaining peace of mind and spirit. Tranquility and calmness comes into existence, and*

*we can delight in its sovereignty. We feel alive like never before, and we acquire another positive feature that can only further advance us on our journey.*

*As we extract and utilize the strength of our Higher Power, we find the answers to our tribulations. The answers are exposed in the here and now, not from the failures of our precedent. We tap into the spring of perpetual supremacy to achieve the ability to escalate beyond our perceived limitations to attain success in the present. We continue to accept the things that are beyond our ability to change, and we strive to attain victory in the things we can, with hope and confidence that our Higher Power will guide our way.*

*If we are to achieve the many miracles of this great program, we have to create an atmosphere in*

*which miracles can occur. To do this, we hope for only the best in our recovery. We on no account lose hope, and press onward in hopeful expectancy. Our Higher Power only wants the unsurpassed, and will give us nothing less as we persistently step forward in love. We are given the tools, and now it is up to each of us to utilize them to the best of our abilities. We believe in the extraordinary, and the inconceivable as we step forth in faith and trust in its attainment. We have the ability to overcome all obstacles on our path. We believe in ourselves, and the guidance of our Higher Power, and anything becomes possible.*

*Each day of our recovery is a new chance to succeed, and to renew our lives. What makes the big difference is when we start to look at all the marvelous wonders*

*already existing in our lives. When we forget to notice all of our current, positive abilities, we get lost in life's perplexity. We forget where we came from. We always should learn to take pleasure in the newfound state of peace that we have already acquired, then learn to flourish on it to fabricate additional enlightenment. Enlightenment comes from the choice to be enlightened. So lets enjoy the wonders of our current reality. Lets live each moment the best we can. Lets enjoy our journey, and our destination. Conquer the reticent, controlling aspects of our mind, and only then do we surmount life's obstacles and challenges. If we feel hopeless, we become hopeless. If we feel sad, then we're sad. On the other hand, if we're confident in our abilities to triumph over the challenges we*

*face, then we reign victorious. If we feel in high spirits, and think optimistically, then happiness is ours. We are the architects of our destiny, so take the helm in faith and trust that good will win through, and that we'll arrive at the destination that we've been searching for.*

*At this point, we've reached the spiritual awakening that we've long-awaited from the beginning. It has been an extensive journey, but well deserved and earned. We've become spiritually awakened because we now live in accordance with our Higher Power's will for our lives. We've finally learned how to smile, to enjoy our daily walk as we strive for only the best. We've come to learn how to allow things to happen in our lives. We feel in connection with our Higher Power, with ourselves, with others,*

*and with the world around us. We've come to appreciate our newfound competence to succeed in our endeavors. We've learned the true concept of acceptance, open-mindedness, and staying power. We no longer have to worry over the things that we cannot change. We have learned to enjoy our lives. We show others and ourselves all the love that we've acquired through our recovery process. Our journey has been exceptionally worthwhile, and we are very thankful of all the knowledge and understanding that we've gained on our journey. Now we persistently move onward in confident anticipation. We're equipped to continue on living life, as it should be. We never forget where we came from, and where we're going. We continue to utilize all of the Spiritual Principles of the 12 Step*



*program, as we continue to take a step resolutely forward in our daily lives.*

*It has been my pleasure to share all of the knowledge and awareness that I've personally gained in my own recovery to help my fellow addicts and alcoholics, and anyone who may have an addiction. May you too utilize these tools to achieve greatness in your own recovery. This book was written from my heart, and is dedicated to all who have an addiction. It is my hope that all my readers can gain the knowledge and understanding essential to rise above the challenges on your path. Thank you for allowing me to be of service, and it has been a great adventure. Thank you all, good luck, and God Bless you all.*